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Your Touchstone Energy® Cooperative 

Chickens for Change

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The path of electricity

Big screen TVs

BOSE

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Ethan Edwards, age 4, with one of his birds from Chickens for Change Farm, Thomasville. Learn what he does with them, page 16. (Photographed by his mother, Erin Burke Edwards)



Carolina country

(ISSN 0008-6746) (USPS 832800)

Read monthly in more than 650,000 homes



Published monthly by North Carolina
Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

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Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc.

POSTMASTER: Send address changes Form 3579 to Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, \$10 per year. \$20 outside U.S.A. Schools, libraries, \$6.

HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

"An uncast vote don't count"



By Jay Rouse

Don't sit on the sidelines. Go to the polls and vote. Do not let someone else determine the course of your state and your nation without your input.

Our entire election process is based on the concept of "One Person, One Vote." The "Right to Vote" is the single most underutilized and underappreciated right that we as Americans have. Democracy is not free. It came at a heavy price, and it is not cheap to maintain.

Can you imagine being in a foreign country where there are no elections? Can you imagine an election where you can only vote for the single name on the ballot? Can you imagine your life being in danger if you go to a polling place to vote? Well, that's not the case in the United States, and I am thankful each day for the democracy we live in. I thank all soldiers, past and present, for their service and sacrifice. Our democracy isn't perfect but it sure beats the alternative.

Yes, we are seeing in our mailboxes direct mail pieces saying unflattering things about an opponent or professing that a certain candidate can create a bunch of jobs, if elected, that his opponent cannot. You are seeing and hearing more TV and radio ads than should be allowed by law. But it sure beats not having a choice between candidates when it comes to who is the sheriff, who is your Congressperson, or who is your Senator.

When the best candidate loses because his supporters did not turn out to vote, it's a shame. It reminds me of the old

saying, "An uncast vote don't count." Every year there are several examples of elections that are decided by a mere handful of votes. The winner is usually the one whose supporters are more committed to success than the others. That's a nice way of saying voter apathy is a killer of good candidates.

Vote for the candidate that reflects your position most often on *your* priority list. It is your call, don't miss it. I have been taking my 12¾- (the ¾ is important to her) year-old daughter, Abbey, with me to vote for years. I talk to her about how privileged our society is to have a free and open election process.

Voting has become much simpler with the expansion of one-stop (early) voting and absentee voting. In 2008, 2.5 million North Carolinians voted before Election Day or about 29 percent of the total votes cast. It's easy, and there are no lines.

For this election, early voting began in mid-October and extends through Saturday, Oct. 30 in many locations.

Vote early or vote on Election Day, Nov. 2. Just make sure you vote.

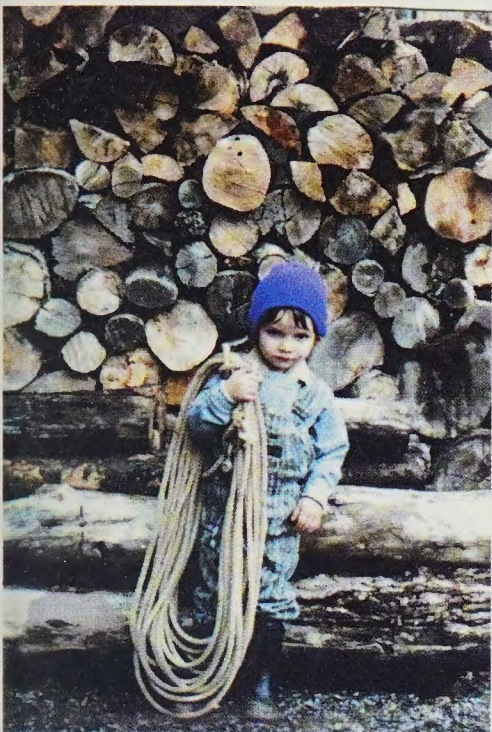
For information on voting locations, go to www.sboe.state.nc.us.

Jay Rouse is director of Government Affairs for the North Carolina Association of Electric Cooperatives.

KEEP ENERGY ISSUES IN MIND THIS NOVEMBER:

VOTE!

AND HELP KEEP OUR ELECTRICITY AFFORDABLE



Ready for winter

Talk about child labor, my grandson Patrick Green, at age 3½, was helping his grandpa Jack get the wood pile ready for winter at Glade Mountain. He wasn't too happy when we told him that he could not use the ax. We told him when he is older he can cut all of the wood that he wants. That made him happy.

Lily Green Davis

Willis children fund

Last month's Carolina Country reported on the death of Jon Willis, a Greene County deputy sheriff who was killed in the line of duty. We received incorrect information about the location of the memorial fund set up for his two young children, a daughter Hevin and son Dusty. The Hevin and Dusty Willis Fund is held at State Employees Credit Union, 601 Gregory Ave., Snow Hill, NC 28580. Other State Employees Credit Union offices also will accept donations that can be forwarded.

The size of Fort Bragg

The September article about the Sandhills Utility Services at Fort Bragg ["Delivering Power to the U.S. Army"] mentioned that Fort Bragg is "the largest Army installation in the world." I didn't think so. With 250 square miles, Fort Bragg may be the largest in N.C. but not in the U.S. Its growth in the future may go above the Texas bases, Fort Hood (340 square miles) and Fort Bliss (1,700 square miles).

Mary & Walt Steesy, Interlaken, N.Y. and Traphill, N.C.

To protect the air and earth

As customers we naturally hope to pay as little as possible for the energy we use. As citizens, we have a moral responsibility to the planet we inhabit and the descendants who will inherit it. Or is stewardship only a word for Sunday sermons? Doesn't the Noah story have something to tell us?

Regarding the EPA's regulation of greenhouse gases, I am willing to pay a little more—and that's all we're talking about, a little—to protect the air we breathe and the world we are privileged to use.

Martin A. Dyckman, Waynesville

Gleaning for others

I quite enjoyed reading your article "Gleaning for Others" in the July 2010 issue of Carolina Country. I believe that it is a great thing to see the people of Haywood County doing something to aid their fellow man. The people described in the article show such selfless sacrifice of time and energy that we should all emulate in our own lives. In addition, the article was well-written, showing various relevant statistics and quotes from the volunteers

to legitimize the information given and some of the opinions shown by the article's author, Hannah Miller. Hopefully, I will see more articles like this in the future.

Patrick Seelinger, Raleigh

Viola and the sweet potatoes

My brother Greer and his wife, Sheriel Futrell, raise several acres of sweet potatoes and collards just outside of Murfreesboro to sell to the public. Last year I was there during digging time and took this photograph. The lady in the picture is Viola Dunn. She asked me to take her picture.

David M. Futrell, Hickory



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STATEMENT OF OWNERSHIP AND CIRCULATION Required by 39 U.S.C. 3685 **Title of Publication:** Carolina Country **Publication Number:** ISSN 0008-6746 **Filing Date:** September 17, 2010 **Issued** monthly, 12 times annually. **Subscription price** is \$3.50 for members, \$10.00 for non-members. Mailing address of office is P.O. Box 27306, Raleigh, N.C. 27611-7306 or 3400 Sumner Blvd., Raleigh, N.C. 27616, Wake County. **Publisher** is North Carolina Association of Electric Cooperatives, Inc., P.O. Box 27306, Raleigh, N.C. 27611-7306. Editor is Michael E.C. Gery, P.O. Box 27306, Raleigh, N.C. 27611-7306. **Owner** is North Carolina Association of Electric Cooperatives, Inc., P.O. Box 27306, Raleigh, N.C. 27611-7306. There are no other owners or bondholders. The purpose, function and non-profit status of this organization and the exempt status for federal income tax purposes have not changed during the preceding 12 months. **Circulation:** Average number of copies each issue during preceding 12 months, also actual number of copies of single issue published nearest to filing date. (September 2010). Total copies: Average 659,079 (September 672,795). **Paid circulation:** Sales through dealers and carriers, street vendors, counter sales: None. Mail subscription: Average 647,975 (September 662,337). **Total Paid Circulation:** Average 647,975 (September 662,337). **Free Distribution** by mail carrier, or other means, samples complimentary and other free copies: Average 11,104 (September 10,458). **Total Distribution:** Average: 659,079 (September 672,795). **Copies Not Distributed:** Office use, leftover, unaccounted, spoiled after printing: Average: 0 (September: 0). Returns from news agents: None. **Total:** Average number of copies each issue during preceding 12 months: 659,079 (September 672,795).

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Some energy-related tax credits expire at the end of 2010

You have until Dec. 31 to tackle home improvement projects if you want to take advantage of energy efficiency tax credits authorized under the federal stimulus bill. Measures that qualify include replacing windows, doors, or roofs with materials that reduce your home's heat loss or gain; adding insulation; replacing certain air conditioners; and installing air-source heat pumps, hot-water boilers, and biomass stoves.

You can recover 30 percent—up to \$1,500—of costs associated with buying and installing heating, ventilation and air conditioning systems and biomass stoves. Installation costs are not covered for windows, doors, roofing and insulation.

ENERGY STAR, a joint program of the U.S. Department of Energy (DOE) and the U.S. Environmental Protection Agency, provides guidelines on what qualifies for the tax credit at www.energystar.gov/taxcredits. Tax credits are especially beneficial as they directly reduce, dollar for dollar, any taxes you owe.

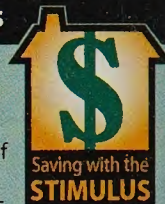
If you're interested in renewable energy, the government also offers a renewable energy tax credit that expires Dec. 31, 2016. That credit covers 30 percent of the cost of materials and installation for solar panels, solar water heaters and geothermal heat pumps, for both new and existing homes. Check with your electric cooperative for advice on what system makes sense for your home.

Be sure to keep your receipts and your Manufacturer's Certification Statement (a signed statement from the manufacturer certifying that the product or component qualifies for the tax credit) for your records. Then claim the credit on your 2010 taxes using IRS Form 5695.

For a list of state and local energy efficiency assistance available, visit the Database for State Incentives for Renewables & Efficiency, a project funded by DOE, at www.dsireusa.org.

Time's Running Out to Heat and Cool Your Home More Efficiently with Federal Tax Credits

Heating and cooling accounts for almost half of your home's energy bill. Until **Dec. 31, 2010**, there are federal incentives to help you make energy efficiency improvements to lower this expense. Receive a tax credit for 30 percent of the cost of materials and installation for qualifying improvements—up to \$1,500 over 2009 and 2010 for most upgrades. Guidelines are at www.energystar.gov/taxcredits. Here are a few examples of what qualifies:



Heating, Ventilating, and Air Conditioning (HVAC)

Central Air Conditioning	For split systems, must have an energy efficiency ratio (EER) greater than or equal to 13 and a Seasonal EER greater than or equal to 16. For package systems, must have an EER greater than or equal to 12 and a SEER greater than or equal to 14.
Air-Source Heat Pump	For split systems, must have a Heating Seasonal Performance Factor (HSPF) greater than or equal to 8.5, an EER greater than or equal to 12.5, and a SEER greater than or equal to 15. For package systems, must have a HSPF greater than or equal to 8, an EER greater than or equal to 12, and a SEER greater than or equal to 14.
Geothermal Heat Pump	All ENERGY STAR geothermal heat pumps qualify for a tax credit. Unlike other HVAC systems, there is no limit to the tax credit amount for geothermal heat pumps and the credit may be used longer ; the pump must be placed into service before Dec. 31, 2016.
Advanced Main Air Circulating Fan	No more than 2 percent of furnace total energy use.

For tax purposes, the Manufacturer's Certification Statement and receipt are generally required. Use IRS Form 5695 to claim the credit.



Source: ENERGY STAR, a joint program of the U.S. Department of Energy and U.S. Environmental Protection Agency. For details visit www.energystar.gov.

NC 4-H is "Hungry to Help"

The North Carolina 4-H Youth Development Program is teaming up with the Food Banks of North Carolina to promote awareness of hunger in North Carolina and to make an impact in local communities through a new hunger awareness initiative called Hungry to Help.

According to Marshall Stewart, state 4-H leader at North Carolina State University, plans are underway to prepare 4-H'ers, 4-H volunteers and alumni to host a variety of hunger awareness programs, canned food drives and sponsor hunger-related volunteer efforts in their local communities.

Cooperative Extension offices across the state (4-H is an Extension program) will become drop-off locations for canned food collections, and "the entire extension family is gearing up to prepare participants

to be citizen leaders for hunger relief," Stewart said. The Food Banks of North Carolina are affiliates of Feeding America, the nation's largest hunger-relief organization.

In May 2009, Feeding America released the results of its first analysis of food insecurity in early childhood, Child Food Insecurity in the United States: 2005–2007. North Carolina ranked second worst in the nation with 24.1 percent of its children under 5 judged to be food insecure and lacking regular access to nutritional food. The state was 10th worst in food insecurity among all children. The analysis used statistics from the U.S. Department of Agriculture. Nationally, the food insecurity average is 17 percent for children under 5.

For more information visit the "Hungry to Help" section of the N.C. 4-H website at www.nc4h.org.



Hurricane Earl grazed the coast in early September

As Hurricane Earl spun over the Atlantic Ocean as a powerful Category 4 storm in late August and early September, North Carolina's coastal cooperatives and emergency management officials prepared for the worst. Mandatory evacuations were ordered for Hatteras and Ocracoke islands and for low-lying areas of the coastal mainland.

Cooperatives located to the west of the area of impact were poised to assist with power restoration, as were some 400 cooperative line workers from Mississippi, Georgia and Tennessee.

In the waning hours before expected landfall, however, Earl took an easterly turn and managed to just brush the barrier islands in the wee hours of Friday, Sept. 3 as a Category 2. Hwy. 12 on Hatteras Island flooded as expected, but damage to the electrical system was minimal and there were no significant power outages.

Tideland EMC, based in Pantego, experienced about 6,500 outages at the peak. They were confined to Dare and Hyde counties, including Ocracoke Island. Line workers from Central EMC, located in Sanford, assisted with repairs. Power was restored to all Tideland members by mid-afternoon on Sept. 3.



A satellite image of Hurricane Earl (NOAA.gov)

7-year power outage

The Washington Post reported in September that small generators powered by gasoline or diesel make up the most reliable source of electricity in Iraq's capital, Baghdad.

In September 2003, six months after the U.S. began its military operation in Iraq, President George W. Bush in a nationally televised address promised to "help them to restore basic services, such as electricity and water." Today, the Post reported, the Iraqi electricity system has problems delivering two consecutive hours of power to Baghdad households and businesses.

Generators, some cobbled together from various parts of other equipment, are in demand and must be locked up in cages. A popular version that supplies about three houses costs about \$2,700. Owners sell access to such generators to people who find them more reliable than the grid.

The Post said U.S. assistance to rebuild the electric power infrastructure had amounted to about \$4.6 billion before being redirected in favor of more localized projects such as loans for small businesses.

A U.S. Army Corps of Engineers official said the Corps is completing a system of nine power stations and a distribution network, but that Baghdad probably won't see round-the-clock electricity until 2013 or 2014.

Co-ops back federal measure on loans for energy-related improvements

The U.S. House of Representatives in September passed the Rural Energy Savings Program Act, also known as Rural Star, authorizing a loan pool through the Rural Utilities Service for electric cooperatives to defray the upfront costs of their members' energy-related improvements.

Six Republicans joined 234 Democrats in backing the measure. Supporters hailed the vote as a step that will help members save on their electric bills, reduce the need for expensive new generation and create jobs in the energy-efficiency sector.

"We are very pleased that the bill passed the House. It represents an opportunity for many members to control their electric bills by improving the efficiency of their homes and farms," said Glenn English, CEO of the National Rural Electric Cooperative Association.

House Majority Whip James E. Clyburn (D-S.C.), the bill's primary sponsor, called it "a win-win-win situation"

that combines energy savings, reduced emissions and job creation. "Rural Star will create high-skilled, high-wage manufacturing and construction jobs, and create meaningful savings for consumers that will put money directly in their pocketbook."

Rural Star would enable co-ops or a statewide group of co-ops to obtain zero-interest loans from the Rural Utilities Service. They would provide micro-loans at no more than 3 percent interest to qualified members to offset the upfront cost of energy-efficiency upgrades, such as insulation and heating and cooling systems. The loans would be repaid by savings on electric bills.

Supporters said the legislation could create nearly 26,000 jobs and make loans available to as many as 1.6 million rural households.

Similar legislation is in a Senate committee.

—Steve Johnson, *ECT.coop*

Try This!

Sorting through big screen energy savings

The days of large console televisions, with their wood grain exteriors and antenna wires or rabbit ears, are long gone—no more using needle nose pliers to change channels after the knob breaks or fiddling endlessly to adjust the horizontal and vertical holds. Today's televisions offer larger, thinner screens and, thanks to digital cable or satellite connections, provide a virtually unlimited number of channels.

However, some models require a tremendous amount of energy to operate—almost as much as a refrigerator. And the average American household owns 2.93 TVs, according to a 2010 Nielsen report.

All of this energy use adds up. The Natural Resources Defense Council found that U.S. televisions use more than 46 billion kilowatt-hours per year, or about 4 percent of residential electricity use.

In response to consumer concerns, TV manufacturers are designing sets that use less energy without sacrificing screen size or resolution.

These tips will help you tune in to big-screen energy savings.

High-definition = high energy use

Although a high-definition TV (HDTV) transforms the latest blockbuster movie into a theater-like living room experience, these sets generally use more power to achieve better picture clarity. Also, energy consumption often relates to screen size. The larger the screen, the more electricity required.

Four types of TVs are currently available: plasma, liquid-crystal

display (LCD), rear projection, and cathode ray tube (CRT). CRT televisions are the most difficult to find because they employ old technology and screen sizes rarely top 40 inches.

Plasma screens often are cited as the largest energy user, mainly because their large 42-inch to 65-inch screens typically draw between 240 watts to 400 watts. Most consume electricity even when turned off.

LCD TVs don't need as much power to operate, 111 watts on average. Most LCD screens range in size from 21 inches to 49 inches. These TVs fall into two categories: those with cold-cathode fluorescent lamps to illuminate the screen; and backlit models employing a light-emitting diode (LED). LED units offer several benefits, notably better picture quality and thinner and lighter screens. They also use slightly less energy, at 101 watts.

Rear projection televisions tend to be the most energy efficient and boast the largest screen sizes. However, due to their overall weight, rear projection sets are not as readily available as plasma and LCD models.


Shopping for an energy-efficient television can be difficult. Television manufacturers rarely advertise energy consumption, and it almost never appears on in-store labels, though new Energy Star requirements may change that in 2012.

Faced with these difficulties, consumers need to conduct their own energy use research through unbiased

online sources such as www.CNET.com, an online journal for the technology industry. Look for specific model numbers to take to the store.

Saving with existing TVs

If you're not in the market for a new TV but want to make sure your model is operating efficiently, these tips from www.CNET.com may help you save energy:

- Turn the TV and other connected devices off when they're not being used.
- Turn down the LCD's backlight, to save energy and still retain better picture quality.
- Turn on the power saver mode, which many new TVs offer.
- Control room lighting. While many energy-saving tips reduce brightness of the screen, you can compensate by dimming lights around your TV. 

By Brian Sloboda, a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association. Magen Howard, who writes on consumer and cooperative affairs for NRECA, contributed to this article.



Energy Efficiency *quick tip*

In general, TV energy consumption goes up as the picture quality gets better and the screen gets bigger.

Can you help others save energy?

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Jason Michael Carroll is a rising country music star who keeps his roots and his heart firmly planted at home

By Renee Gannon



At the age of 32, Jason Michael Carroll isn't your typical young gun. Yes, he is a country music rising star, with two hit albums and five hit singles, performing in small and large venues across the nation and opening for some of music's biggest acts such as Brad Paisley and Carrie Underwood.

But like his hit song "Where I'm From" (from his second album, *Growing Up Is Getting Old*, 2009), Jason stays connected to the small town of Youngsville where he ran through the farm fields, shared Sunday dinner with friends and family, quietly sat on the wooden pews at his daddy's Baptist Church. And Jason also is married to his high school sweetheart, Wendy, raising four children.

During breaks from the road, Jason returns home to go fishing, eat at Griffin's restaurant, shop at local stores, and run the everyday errands that a father and husband typically do. People know him as an average guy. While he does stop for autographs and photos, most people give Jason his down time.

Born in Houston, but raised in Youngsville, Jason says he appreciates the small town. "It's the way I grew up, and Youngsville is still home and where I feel comfortable to be myself. I guess all my happy thoughts go to Youngsville!"

Just a Franklin County boy

Early on, music—country, rock, pop, gospel—was a part of his life. Jason smiles and chuckles as he confesses to dancing with friends in his family

room to Michael Jackson's "Thriller."

He also fondly recalls watching his Dad teach himself guitar. "He would walk around the house in his cowboy boots practicing from a learn-how-to-play George Strait book," says Jason. "And I would hear songs like Steve Wariner's 'Some Fools Never Learn' from the truck when my parents would come home from a dinner night."

Jason also remembers the day the music stopped. The Carroll house went from guitar playing, country songs and Michael Jackson to silence after his father became a fundamentalist independent preacher when Jason was around 9 years old.

Jason found a way to his music, though, at neighbors' houses and secretly listening to bootleg tapes of songs recorded from the radio by friends. During this period, Jason remarks that listening to Radney Foster's "Just Call Me Lonesome" hooked him on country music.

His Dad busted Jason's secret music-listening life when he found a taped recording off the radio of Billy Ray Cyrus's "Achy Breaky Heart." Jason laughs: "I got one of the worst spankings of my life when my Dad found that Billy Ray Cyrus tape hidden under the mattress."

But Jason had caught the country music bug and refused to shake it off.

Co-workers at Carolina Builders Supply in Youngsville urged Jason to compete in a local radio station's karaoke contest. After phoning in the initial audition to G105, Jason earned a spot to the studio portion of the contest.

Jason then told his Dad, who drove with him to the studio. Drawing the first spot to perform, Jason sang David Kersh's "Another You." After hearing Jason sing, 15 of the 22 contestants left.

Winning the contest led him to a Durham band looking for a lead singer. Jason then competed and won the Raleigh/Durham-based WRAZ-50 televised "Gimme the Mic" contest in 2004. By 2005, Jason Michael Carroll frequented Nashville and landed a recording contract with Arista Nashville. (He has since split with Arista.)

With the first single released from his 2007 debut album, *Waiting in the Country*, the music industry and fans knew Jason wasn't afraid to tell the darker side of life. In his "Alyssa Lies," Jason sings the emotional tale of child abuse, and the song doesn't end happily, but it is still one of his most requested. He has heard from teachers, parents and families about how this song affects them.

"I always have to feel what I'm singing," he says. "The country fan is not stupid, they can see through the people who are faking it. I joke that my life is a country song, so I should have no problem! I have a connection to every song I sing, whether I've written it or not, so I can give an accurate interpretation to the song and the people who are listening. The fans can say 'I've been there, I know exactly what he is talking about and so does he.'"

Jason adds: "The songs are an extension of who I am. It's about finding a connection."

Is he enjoying it? You bet. "I tell people that we are paid to set up and

Where I'm From

tear down our gear! Playing, I'll do that for free," he jokes. "If you aren't having fun, then you shouldn't be doing it, no matter what you are doing. I'm learning that every day, especially with my kids. Leaving my family is the hardest part of my job."

Jason says that when he was young, his friends wanted to be firemen, policemen and army men. "All that sounded great to me, but honestly, I wanted a big family." He now has what he wanted: a family with four kids, plus an extended family with six band members.

An even larger family

Jason has sung around a piano with music stars such as Sheryl Crow, Brooks & Dunne, Reba, Kenny Chesney, Leanne Womack, Randy Owen, and yes, George Strait. But the sick children he visits are the real stars and his motivation.

The children and families he meets at hospitals across the country also count as part of his extended brood. Jason admits that he doesn't know how long he'll be able to perform, or how far his rising star will go, but he will always have a big heart.

"With the time I do have using this music platform, I can go out and make a difference, to be part of something bigger than myself," he says. "I play music, but I also speak and change lives."

Jason wears his heart not on his sleeve, but on his wrists. Layers of colored bands and bracelets remind Jason of what life is all about. Each bracelet represents a cause that has touched Jason through the children he has met, children facing odds against

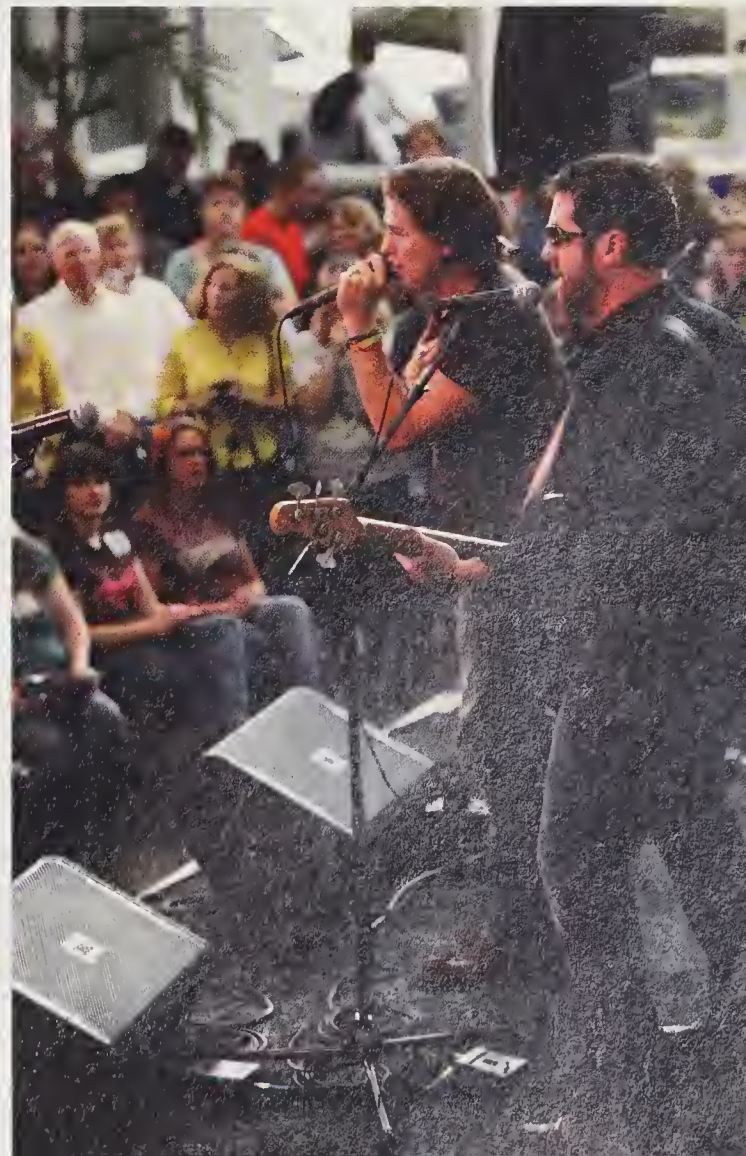
cancer, cystic fibrosis and other health issues. Each yellow, blue, orange, teal and green band and slate-colored bead bracelet carries a story.

One special bracelet featuring blue, orange, black and white beads with the letters BRITTANY on each white bauble is a constant reminder of why Jason strives so hard for success—to be the a champion for children and their families and a fundraising force to push medical research to find answers.

continued on p. 14

Below left: Jason presents Josh Buckner, a patient at N.C. Children's Hospital, one of his shirts because Josh had several photos of Jason wearing the same shirt over several visits to the hospital (Photo provided by Schatzi Hageman).

Below right: Jason performs at the N.C. Children's Hospital during the 2009 N.C. Children's Promise fundraising event (Photo by Renee Gannon).



Jason's baritone voice cracks when he talks about Brittany Coppedge. He first met Brittany when she was 9 years old, the daughter of Jason's first guitar player, Jeff Coppedge. Almost like a little sister, Brittany could tell Jason what went right and wrong during shows. She spoke her mind, and he listened.

In late November 2006, after months of health problems and trips to the N.C. Children's Hospital, Brittany and her family received the devastating diagnosis of lung cancer—unbelievable in a young, athletic person who never smoked. In December 2006, Brittany died at age 19.


"We do it for the kids"

Because of Brittany, Jason stays involved with the Chapel Hill hospital, visiting the children several times a year, especially in November each year for the N.C. Children's Promise Radiothon/Telethon. (He first participated in 2005 and is performing in a benefit concert on Nov. 18.) He and his wife, Wendy, visit on Mother's Day and around Christmas as well. He also serves as Honorary Chairman for Brittany's Battle, a non-profit charity that raises awareness and money to help families battling cancer.

When he visits the children and families at hospitals, Jason does more than just pop in and sign autographs. He and Wendy come loaded with books, puzzles, toys and stuffed animals. He's a talker, and spends three or more hours during his visit. "We show up as a surprise, and it makes for a great day for the kids and a break for their families, a time to relax,"

"We do it for the kids," Jason says. "Kids do not deserve to deal with these life-threatening issues. And it's tough on the parents."

He remembers the frightening time when his daughter was tested for cystic fibrosis, but finally diagnosed with asthma. "I want to be the voice for families, to raise enough money that some day, that last dollar goes to a piece of research that solves the mystery."

Jason is currently working on his third album. And no doubt, the songs will touch the listeners' hearts and confirm the connection Jason Michael Carroll has with country music fans and the families he has met along his musical journey. 



Top: Jason is a regular special guest at the annual N.C. Children's Hospital Children's Promise fundraising event. (Photo by Renee Gannon).

Bottom right: Fans push to the stage to see Jason perform at the Harley Davidson Show in Asheboro (Photo by Wendy Phillips Carroll).

Bottom left: Jason performs at an outdoor concert along with youngest son, J.W. (Photo by Wendy Phillips Carroll).

For more information

www.jasonmichaelcarroll.com
www.ncchildrenspromise.org
www.brittanysbattle.org



Country for Kids Nov. 18

Jason Michael Carroll will be among the musical performers at the 9th annual "Country for Kids" concert to benefit N.C. Children's Hospital. The concert will be held Thursday, Nov. 18, at 7:30 p.m. at the Durham Performing Arts Center (DPAC) in Durham. Tickets are \$25 and are available through Ticketmaster.com, DPACnc.com or (919) 680-2787. For more information, visit www.ncchildrenspromise.org.

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Chickens for Change

A 4-year-old boy, his chickens, and his mission

By Hannah Miller

When Ethan Edwards holds a chicken's egg to his cheek, his whole face beams as only a 4-year-old's can. Then he kisses the egg gently, announcing, "I love chickens."

Those aren't any ordinary eggs, just as Ethan is no ordinary child. They're the dark reddish-brown, light green, tan and cream-colored eggs laid by the heritage-breed chickens on his family's Chickens for Change Farm outside Thomasville.

Ethan feeds nearly 40 chickens every day, plus a few ducks and turkeys. He also gathers the eggs every day. That's impressive for a 4-year-old. But it's even more impressive when you consider that Ethan has a skin condition that makes it difficult for him to go outside.

Ethan is unable to sweat, and his body, which can't regulate its temperature, is extremely vulnerable to heat and cold. If he's going to be outside more than a few minutes in summer, he suits up like an explorer heading for the Sahara, in a safari hat and a vest cooled by ice packs. They'll keep him comfortable for the time it takes to get his chores done, his mother says.

His genetically-caused condition is called ichthyosis. The proceeds he earns from selling the eggs goes to the research foundation trying to find a cure for ichthyosis.

Which came first?

Outside on a recent day, Ethan called: "Chickee! Chickee! Chickee!" Then "Elevator! I want Elevator!"

Ethan named the chicken because she leaves her eggs in high places. He's a great fan of the elevators at Baptist Hospital in Winston-Salem, where he began treatment for his condition shortly after birth. He can tell you which floor each of his doctors is on. He was highly disappointed, his mother says, when his dermatologist moved to the first floor, cutting out an elevator ride.

Ethan and his 3-year-old sister, Emma,

live with their parents, Chip and Erin Edwards, next door to Chip Edwards' parents on the family's 80-acre homeplace. Until last year, it had several gardens but no chickens.

Chickens for Change began when Ethan, then 3, was puzzled by a story that Erin read to him. In it, a chicken hatched from an egg, something amazing to a 3-year-old.

"It didn't make sense to him," his

mother says. "He wanted to know how it was really done."

Since his parents are schoolteachers — Chip teaches math at Northwest Guilford High in Greensboro and Erin at one time taught English at North Davidson High in Lexington—the natural thing was to help Ethan find his own answer. They made an incubator out of a Styrofoam cooler, set a container of water in it for moisture and fitted it out with a light



Erin Burke Edwards

"Even though there are days when we have to help, Ethan works hard and takes his fundraising seriously. We're so proud of him!"

bulb for warmth. They got a batch of heritage-breed eggs, cut an observation window in the Styrofoam, and set the whole thing on the kitchen counter.

Ethan tended the eggs, which had to be turned three times a day to prevent malformation of the chicks inside. And when 21 days were up, he remembers, “They pecked. Peck, peck.”

And what did he get? “They were babies!”

Two baby roosters and two would-be hens emerged, to be coddled and cuddled by a child who must stay indoors most of the time. When the hens got to the point where they could lay their own eggs, those eggs became more chickens, which meant more eggs, more chickens, and so on. The hens hatched some of the eggs, and the family hatched others in a more professional incubator they bought.

“We couldn’t get rid of the chickens,” says Erin. “We enjoyed having them.”

Along the way, they also acquired baby ducks and turkeys.

A normal life

Now, a wooden statue of a chicken stands in a corner of their living room, a gift to Erin from her husband. “He calls me the crazy chicken lady,” she says. “He’ll say that, but he’ll go out there and talk to them.”

When a fox got one of the chickens, Erin told the children what happened, “teaching them how to deal with death and loss.”

The count now is 36 chickens, four ducks, one grown turkey and five baby turkeys, all with free range of the property. “Sometimes my father-in-law, who lives next door, gets upset when they get

into his tomatoes,” Erin says.

It was Ethan’s idea to sell the eggs to benefit the Foundation for Ichthyosis and Related Skin Types. They charge \$3 per dozen, and the 50 cents profit goes to help find a cure for the rare condition. His particular type occurs once in an estimated 200,000 births.

“He’ll always have ichthyosis unless they come up with a cure later,” Erin says. In the meantime, his parents encourage him to have as normal a life as possible.

As their mother is being interviewed, Ethan and Emma tussle over plastic boys they’ve scattered on the floor. At one point he tackles Emma, demanding “Give it back!”

He goes with his parents to Pilgrim Reform Church in Lexington, where they feel free to leave him in the nursery because everybody there knows him and his problems.

He’ll head for kindergarten next year, carrying, along with a kindergartner’s usual belongings, a set of instructions for his teacher. When he gets too hot, Erin says, “His face gets bright red,” and she knows it’s time to apply icepacks. His sensitive skin denies him that staple of childhood—Band-Aids.

People buy Ethan’s eggs after hearing about them word-of-mouth or reading his Chickens for Change Farm Facebook page. They end up thinking, “He’s pretty special,” his mom says.

She thinks so, too. “He’s just very easy going, probably because he’s been through a lot,” she says.

She’s laid down one rule—no chickens in the house—and Ethan agrees with her. He has made a drawing modeled after the “No Smoking” signs that show a line drawn through a cigarette. His picture is a chicken, with a line through the middle. “I don’t want chickens in my room,” he explains.

This sign, he says, “will tell her, No!”

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.



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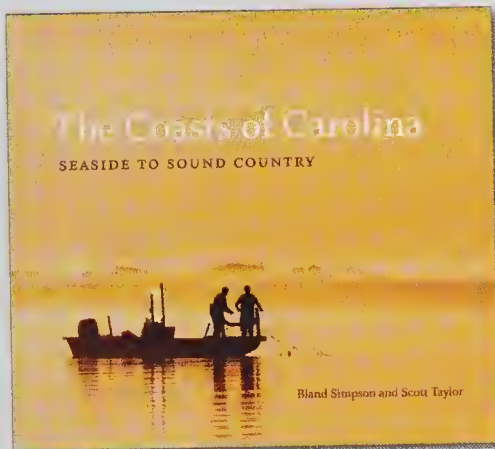
Prices good if ordered by December 1, 2010



The Carolina Country Store HOLIDAY GIFT GUIDE

The Coasts of Carolina

"The Coasts of Carolina: Seaside to Sound Country" by writer Bland Simpson and photographer Scott Taylor captures the vibrancy of the North Carolina oceanfront, sound country and interior shores behind the barrier islands. It is an inviting visual and textual portrait organized around coastal themes such as nature, fishing and community life, with an emphasis on particular places and seasons. A unique and welcoming vision of the coastal region. Says Roy Blount Jr., "Next time you're in town, indoors, feeling stressed, you could sit down with this book." 152 pages, 145 color photographs, \$30. At bookstores.



The University of North Carolina Press
116 South Boundary St.
Chapel Hill, NC 27514
(800) 848-6224
www.uncpress.unc.edu



"Memories" Art Print

Since the great response Ronald Ragland received when his "Memories" art print was featured in Carolina Country, he decided to present it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of "Memories," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints
4215 Jane Lane
Raleigh, NC 27604
(919) 876-8747
www.beagleart.com

Bertie County Peanuts

The Powell and Stokes families have been raising peanuts for over 100 years. The Bertie County Peanuts line continually expands in praise of the amazing and nutritious peanut. All are super-extra-large Virginia-type peanuts, the largest available, prized by gourmets. Besides the popular varieties—blister-fried, raw and roasted-in-the-shell—we have chocolate-covered peanuts and pecans, peanut brittle, savory and spicy blends like crabhouse-seasoned, sesame stick blends and many more. New this year: Weeping Mary's Ghost Pepper Peanuts, coated with ghost pepper, habanera pepper, paprika and sea salt. All in recyclable plastic jars. Check our gift packs and holiday tins, too.

Bertie County Peanuts
217 US Hwy. 13 N
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(800) 457-0005
www.pnuts.net



Homemade Bakery

Nancy Jo's Homemade Bakery has been tempting customers' taste buds with our popular made-from-scratch homemade cakes and desserts for over 20 years. Whether it's our tried and true 12 Layer Chocolate Cake, or our All Butter Pound Cake, one bite is all it takes to make you a customer for life. Looking for that perfect gift for a corporate client, neighbor, teacher or friend? Look no further than Nancy Jo's Homemade for the finest truly homemade cakes, pies, jams, jellies, sweet treats and confections. Our All Butter Pound Cake is \$25 plus shipping & handling and can be gift packaged.



Nancy Jo's Homemade Bakery

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www.NancyJosHomemade.com

State Farmers Market

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Yummy Apples

Miss Debbie's has been making specialty apples for more than 35 years and competitors are green with envy! The company's fresh treats are made from fine Granny Smith apples covered with caramel, chocolate, white chocolate, peanuts and cashews and other delicious toppings. Miss Debbie's specialty apples sport irresistible names like Cherries Jubilee, Key Lime Pie, Appletini and White Toffee Chocolate Crunch. The company, which makes more than 100 kinds of caramel apples, will help make your fundraiser a sweet success. Miss Debbie's also offers themed apples for holidays and for special occasions such as birthdays and weddings.

Miss Debbie's Specialty Apples

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Tonya's Cookies

Tonya Council, granddaughter of Chapel Hill's famous Mama Dip, grew up watching her grandmother create masterpieces in the kitchen. Along the way, Tonya came up with a recipe for a cookie that tastes like her grandmother's mouth-watering pecan pie. The Pecan Crisp cookie is a light, crisp cookie that taste like pecan pie. The Chocolate Pecan Crisp cookie has chocolate twist on the original. The Peppermint Chocolate Pecan Crisp is a variation for the holiday season. Gift tins and boxes available. Available at Mama Dip's Kitchen, A Southern Season, The Biltmore Estate, Parker & Otis and The Belted Goat in Farringington.



Tonya's Cookies

Chapel Hill, NC
(919) 423-3392
www.TonyasCookies.com

Aunt Ruby's Peanuts

Legendary peanuts from A&B Milling Co. in Halifax County. In our famous 20- or 40-ounce tins, 3- or 5-pound bags or 1-pound reusable plastic tubs, our line includes country-style roasted peanuts, chocolate clusters, roasted redskins, honey-roasted, roasted in the shell, raw shelled (we tell you how to cook them), cashews and more. For your gift list, see our combination packages, decorative gift boxes, or big savings by the case. Order online or call for our free catalog.



Aunt Ruby's Peanuts
200 Halifax St.
Enfield, NC 27823
(800) 732-6887
www.auntrubyspeanuts.com

Mile High Hot Sauce

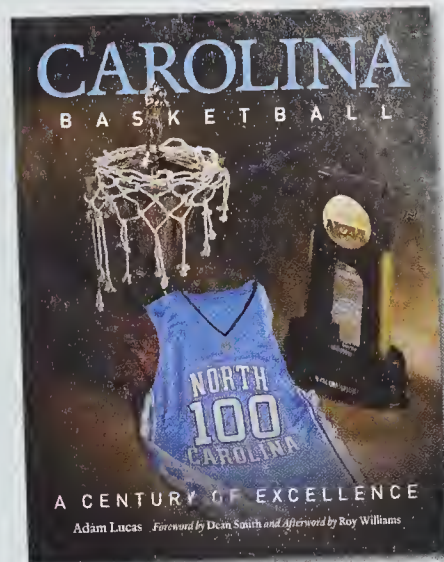
Mile High Hot Sauce features ripe-red jalapeno peppers, vinegar and a secret blend of spices that deliver a rich and robust hot sauce. Its creator, Col. M.P. Cooper, a former Air Force fighter pilot, began by growing his jalapenos on a 5-acre plot of land located on the Goldsboro Wayne Airport property in Pikeville, N.C. Not too hot, but definitely not mild, Mile High Hot Sauce is a guilt-free, all-natural, low-sodium flavor enhancer for meats, vegetables, dressings, marinades, soups, drinks, dips and anything that needs some zest. Visit milehighhotsauce.com for gift packs and other Zesty products!



Mile High Hot Sauce
288 Aviation Road
Pikeville, NC 27863
(919) 580-0195
www.milehighhotsauce.com

Carolina Basketball

In this definitive centennial history of the University of North Carolina men's basketball team, Adam Lucas chronicles the coaches, players, venues, rivalries, challenges and triumphs that have defined the program through its first 100 years. This is the must-have book for Tar Heel fans and college basketball lovers everywhere. Says writer Will Blythe, "If you're the kind of person who organizes your schedule around Tar Heel basketball games, then Adam Lucas's wide-ranging history is the perfect book for you." With a foreword by Dean Smith and an afterword by Roy Williams. 288 pages, 195 photographs, \$30. At bookstores.



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Making it "batter from scratch"

Delicious cakes are a result of quality ingredients, proper consistency and just-right measuring. Sweet Neecy helps out folks who would like to make a great homemade cake ready for baking in less than 10 minutes. Sweet Neecy batter mixes are made from all-natural ingredients. The company offers a classic, flavorful cake mix that you can simply ice on your own or use as a base for your own creation. There's also an aromatic spice mix and a chocolate mix made with Grand Guayacan cocoa. Website order prices are \$8.95 per bag and \$24 for a gift pack of three.

Sweet Neecy, LLC
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www.sweetneecycakemix.com



Tasty Foods and Packaging

D'Vine Foods specializes in processing tasty jams, jellies, ciders and juices. A division of Taylor Products at Lu Mil Vinyard, D'Vine Foods sells its own delicious wholesale product lines that include fruit breads and syrups, flavored vinaigrettes and BBQ sauces, in gift packs and baskets. D'Vine Foods also processes fruits and vegetables for farmers and packages their products with private labels. If you have a special recipe of Grandma's that you want packaged, bring it to D'Vine Foods. They will process it in a FDA-inspected kitchen and even put her picture on the jar if you like. Call for prices.

D'Vine Foods

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Handmade Chocolates and Toffee

Carolina Confectionery Co.'s fabulous toffee and fine hand-crafted chocolates make the perfect gift for the holidays or any special occasion. Some of the delicious selections available are highlighted on the website, but Carolina Confectionery's Chief Chocolatier, Mary Butler, is always happy to help you create your own unique and memorable box of fine flavorful chocolates for yourself, your family, friends and clients this Christmas or any time. Just call or e-mail to order or for more information about your sweet desires and the convenient shipping, delivery and pick-up options offered.

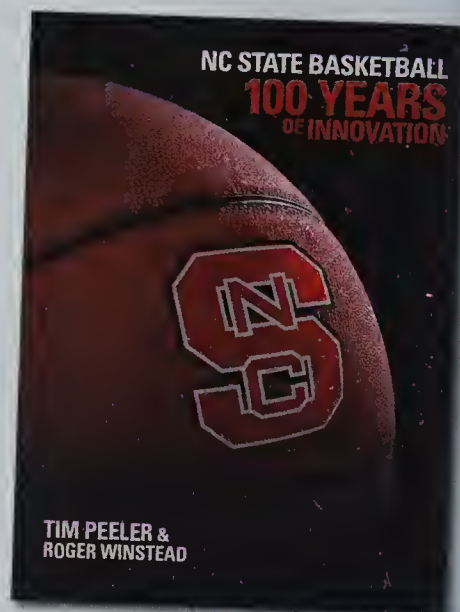


Carolina Confectionery Company

Chapel Hill, NC 27517
(919) 967-7500
MButler@CarolinaConfectionery.com
www.carolinaconfectionery.com

NC State Basketball

With two national championships, 17 conference championships and countless memorable moments, NC State basketball remains one of college basketball's proudest programs. This 100-year history by Tim Peeler and Riger Winstead will appeal to Wolfpack fans and college basketball lovers alike. Says broadcaster Dick Vitale, "NC State has been a very special program for many years ... Jimmy V got the world's attention by winning the national championship in 1983, and he still has it now, long after his tragic passing due to cancer." 256 pages, 230 illustrations, \$30. At bookstores.



The University of North Carolina Press

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Mrs. Hanes' Moravian Cookies

Our bakery doesn't manufacture cookies, we create them. Our family business is more than 60 years old, and we still make cookies by hand, using rolling pins and cookie cutters. Visit and watch our "artists in aprons," then sample our six flavors: Ginger, Sugar, Lemon, Chocolate, Butterscotch, Black Walnut. We make about 100,000 pounds per year, and there are about 100 cookies per pound. That equals 10 million cookies, each cut one by one using a cookie cutter. Buy half-pound and 1-pound cello bags in the bakery. For sending gifts, we ship tins and tubes world-wide. Easy ordering on our website.



Mrs. Hanes' Moravian Cookies
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 (888) 764-1402
www.hanescokies.com

Taylor's Peanuts

With a lifetime of experience in the restaurant business, the Taylor family has been offering Taylor's Home Cooked Peanuts for 10 years. We deliver our famous North Carolina style of traditional excellence in quality, freshness, reasonable prices and top quality service. For generations, the Taylor Goodness has inspired everything we do. Our high-quality Virginia peanuts are grown and cooked on the farm. This season, ask the Taylor family to give your family and friends delicious and nutritious home-cooked peanuts and candies. We are proud member of Goodness Grows in North Carolina.



Taylor's Home Cooked Peanuts
 104 Statesville Rd.
 Como, NC 27818
 (252) 398-9946
www.taylorspanuts.com



"Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, and Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints
 4215 Jane Lane
 Raleigh, NC 27604
 (919) 876-8747
www.beagleart.com



Southern Supreme Nutty Fruitcake

The holidays would not be complete without the world famous Southern Supreme Nutty Fruitcake to enjoy. Nestled in the middle of rural Chatham County is Southern Supreme Fruitcake Company. Our delicious nutty fruitcake—more nuts than fruit—is the heart of southern warmth and comfort expressed in pecans, walnuts and the finest candied fruit we could find. Come see us in our showroom, tour our kitchens and sample all our gourmet products. Call for a catalog. Tour buses welcome by appointment. Open year round.

Southern Supreme Fruitcake Company
 1699 Hoyt Scott Rd
 Bear Creek, NC 27207
 (877) 815-0922
www.southernsupreme.com

World's Fastest Wrinkle Remover? Ugly Lines Gone in 90 Seconds!

Turn back time with the new 90 Second Wrinkle Remover. Miracle beauty breakthrough makes wrinkles disappear from view instantly. See for yourself...risk FREE!

By Meg Borman

If I want to look younger I want to look younger now ... not 8 weeks from now.

That's why I fell in love with *Instant Effect*, the new miracle 90 Second Wrinkle Remover. Does it work? The look on my husband's face was all the proof I needed.

It felt like weeks since we'd been alone, but last weekend we snuck away for a romantic night out. No kids. No TV. Just an intimate dinner for two. So I knew this was the night for *Instant Effect*. Before we even left the house, he gave me "the look", which I haven't seen in a long time. "Wow," he said. "You look amazing." Then he got real close, and stayed close all night.

Wrinkles Disappear in Seconds

Can a tiny dab of a miracle remover make such a huge difference? Absolutely. Use *Instant Effect* on your most stubborn lines, wrinkles, creases and judge for yourself. If your results are anything like mine, you'll be amazed by the immediate sensation of tighter and smoother-looking skin. Wrinkles visually disappear in seconds...with results that last for hours. And no one will ever know your secret.

You can see *Instant Effect* working immediately. Ninety seconds is all you need to transform yourself into a radiant, younger-looking you. The quick-absorbing clear remover gently firms on contact, smoothing over ugly

wrinkles. Instead of harsh chemicals injected under the skin's surface or painful procedures that permanently change your face, *Instant Effect* visibly erases fine line, wrinkles, crow's feet and even deep creases. And while other instant products turn chalky and crack, the scientific breakthrough technology in *Instant Effect* stays silky and smooth for a perfect look. You won't remember you have it on it's so comfortable. You can wear it all day....and night!

Turn Back the Clock Everyday

The perfect addition to your daily routine, the 90 Second Wrinkle Remover by *Instant Effect* dries instantly and invisibly, so you can wear it under your favorite makeup. Wrinkles that formed over years seem to fade before your eyes.

Instant Effect comes in an easy-to-use pump that delivers the perfect amount every time for instant results wherever you go. *Instant Effect* contains powerful micronized ingredients to transform problem wrinkles and fine lines anywhere into smoother, younger looking skin every time. It's the ultimate quick fix for a younger-looking you!

Not Available in Stores

You won't find the 90 Second Wrinkle Remover by *Instant Effect* behind the counter at high-end boutiques and certainly not on drugstores shelves. It's only available in limited quantities direct from the laboratory. To ensure its



"With my schedule, I don't have time to wait for slow-drying masks or messy creams. *Instant Effect* takes less than 2 minutes and the compliments keep coming all day!"

— Denise M., Columbia, SC

integrity, *Instant Effect* is produced in small batches using our unique formula of scientifically proven ingredients. If you're serious about younger-looking skin, take the first step today and call the number below. Try it yourself, risk-free for 30 days...and wait for the "Wow."

**You're Invited...
Try *Instant Effect* RISK-FREE
for 30 Days!**

We are so confident in the skin-smoothing benefits of the 90 Second Wrinkle Remover by *Instant Effect* that we want to offer you a 30-day supply risk FREE so you can experience the results first hand, because seeing is believing! But this offer is limited, so you must call today to get your supply of *Instant Effect* risk FREE. If you're not 100% satisfied with the results, simply return the unused portion for a complete refund (less shipping and processing). This is a limited time offer and when supplies are gone, they are gone!

**Call 888-812-2624
to Get Your 30-Day Risk-Free
Trial of *Instant Effect*
Mention Promotional Code IE100106**



Seeing is Believing....

Watch Your Worst Wrinkles Disappear in Record Time!

Instant Effect goes to work in as little as **90 seconds**. Watch fine lines, crow's feet and wrinkles visually disappear before your eyes!



Un-retouched
photography

Before *Instant Effect*

After 90 seconds

WHAT SURF?

By Kevin O'Connor



It was a beautiful sunny morning when I spotted Sam, a 22-year-old student in the fifth year of secondary school, wearing a “Surf’s Up, Outer Banks” T-shirt. He smiled broadly as he gladly posed for my camera.

Nothing surprising in any of this, you may think. But Sam is not a surfer, has never been to Outer Banks or the U.S., and in fact does not know that Outer Banks is in the U.S. So, why was he wearing this T-shirt?

Sam lives in Kampala, the capital of Uganda in East Africa. Most Ugandans wear imported second-hand clothes, as do many people in poor Third World countries. Used shirts, blouses, trousers, caps and much other clothing reach Uganda in huge bales from the U.S., Britain, and other developed countries, and are known locally as *mivumba*. Sam bought the T-shirt for 10,000 Ugandan shillings (about \$4 U.S.) at

Owino Market, the main market for *mivumba* in Kampala.

Here we have the First World’s cast-offs being worn by the poor in the Third World. In these environmentally conscious times, this flow of second-hand clothes can be viewed as an important form of recycling.

Sam’s favorite subject at school is math, and his ambition is to become a lawyer. Living in a land-locked country in East Africa, he knows nothing of the Outer Banks, nor of surfboards, nor of surf. Nevertheless, he wears his Outer Banks T-shirt with pride.

The shirt reads “Surf’s Up . . . School Board . . . Girls Rules . . . Learn to Ride the Long Boards . . . Outer Banks, NC.”

Kevin O’Connor is a journalist and athletics coach who lives with his wife in Uganda. His newspaper columns have been published in the book “Ugandan Society Observed.”

“Layer” lighting when remodeling a bathroom

As you plan, make smart lighting decisions to get the most energy savings.

By James Dulley

People don't often think about lighting and energy efficiency when it comes to bathroom remodeling, but it's as important as installing the proper vanity or plumbing fixtures.

If the lighting in your bathroom is like most older bathrooms, it consists of an overhead light, perhaps built into a vent fan if there is no window. If you are remodeling, definitely install a vent fan.

A basic overhead light should be adequate for your children's bathroom until they get old enough to shave or wear makeup. There's likely already an incandescent overhead light-only or fan/light fixture. In either case, replace it with a new ENERGY STAR-qualified fan with a compact fluorescent bulb (CFL). It will use 75 percent less electricity for lighting than a comparable incandescent bulb, and the fan will be much quieter than the old builder-quality vent fan.

Because children tend to forget to turn off lights or vent fans, select a vent fan with a motion or humidity sensor to automatically shut it off at the right time. This can save a significant amount of electricity. If you have only a light fixture, use a motion-sensing switch, such as the Lutron Meadow Lark model.

Planning for a master bathroom and dressing area is more complicated. Use the basic lighting design technique called layering to provide proper lighting for various activities. This is the same design technique professionals use for every other room of a house.

The three basic lighting layers are task, ambient, and accent or decorative. Bathrooms are relatively task oriented (showering, shaving, applying makeup and general grooming), so adequate task lighting is most important. Other than showering or bathing, the task lighting at the mirror and vanity is most often used.

Ideally, place lighting on both sides of the mirror and perhaps also on top for three-direction lighting. This eliminates shadows, which can be problematic when shaving or applying makeup. If the mirror is not too wide, wall-mounted vertical fluorescent tube lighting on each side of the mirror is best.

Several companies offer efficient decorative T2 or T5 fluorescent fixtures. Some are designed to be attached to wide mirrors, and decorative sconces with CFLs are effective around narrow mirrors. Daylight type CFLs provide the best

color rendition for makeup. Halogen bulbs may also be used; they offer a longer life and are somewhat more efficient than standard incandescent bulbs.

Have a question for Jim?


Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com



This attractive overhead five-light fixture is attached to the mirror and provides a wash of task lighting.

For over-the-mirror task lighting, Kichler offers a new decorative rail light design (the design also works well for accent lighting). It mounts to the ceiling over a standard ceiling electrical box. Several rail fixtures use super-efficient, long-lasting white light-emitting diode (LED) bulbs.

For the bath/shower area, recessed overhead task lighting works well. Consider installing low-voltage fixtures for safety and easy installation. Broan/Nutone offers recessed light fixtures with built-in exhaust fans.

For ambient and accent lighting, lower-wattage incandescent fixtures—either overhead or sconces—are effective. These can be controlled by dimmer switches to save energy. The new Lutron Eco-Minder dimmer is a good choice. As the lights are dimmed, an LED on the faceplate changes from red to green to remind you to dim the lights to save energy. On some models, the switch also functions as an efficient night light. It is wise to install separate dimmer switches for the various layers of light. Another daytime ambient light option is an ODL tubular skylight with a solar-powered remote dimmer. 

James Dulley is an engineer and columnist for the National Rural Electric Cooperative Association.

Simple steps to reduce energy costs during the holidays

By John Bruce

Holidays are a festive time of year, with gifts, fun decorations, family visits, and lots of laughter. But they can also ring in extra energy use for heating, decorative lights and more. Here are some steps to help you avoid a big post-holiday surprise on your next electric bill.

LED lighting

One of the most popular ways to save energy without dimming holiday cheer is switching to light-emitting diode (LED) holiday lights. These long-lasting and energy efficient lights have been used for years in vehicles to let you know when you're low on gas or need an oil change.

Over the past few years, prices have dropped low enough to make these bulbs cost-effective for decorative use. On the plus side, LEDs last longer than traditional incandescent lights. They run cool and colors don't fade over time. Best of all, they use about a tenth of the energy for the same amount of light.

The news isn't all cheery. Decorative LEDs cost much more than strands of traditional lights—up to \$40 or more to outfit a tree, according to Consumer Reports, an independent product tester. But over time, the higher investment pays off. When Consumer Reports compared LEDs and incandescent holiday lights in 2007, they found LEDs use between 1 and 3 kilowatt-hours of energy, compared to between 12 to 105 kwh for traditional lights. This translates into a savings of up to \$11 every year. Because LEDs are more durable, lasting more than 4,000 hours while incandescent bulbs burn out by the 2,000-hour mark, the initial investment pays dividends over the long haul.

Lights off at bedtime

Whether or not you fork out extra bucks to switch to LEDs, it's a good idea to turn off your holiday lights before you go to bed. Consider installing timers to reduce the amount of time your holiday lights are on. Just 10 incandescent strands lit for 13 hours a day can easily add more than \$50 to an electric bill. Limit light displays to no more than six hours nightly.


Guests affect usage

Holiday guests add to your energy costs, too. Because everyone wants to stay toasty during colder months, heating usually accounts for the lion's share of cold weather energy costs.

Make sure to set your thermostat as low as comfort permits. Each degree above 68 degrees adds 2 percent to 3 percent to the amount of energy needed to heat your home. Conversely, you'll save by lowering your thermostat (and leaving it there).

You can expect extra guests to strain your electric water heater—folks often take longer showers in colder weather, increasing water heating costs. Before guests arrive, consider installing a low-flow showerhead to reduce the amount of water used, and ask the whole household to keep showers to six minutes or less.

In the average home, 75 percent of the electricity used to power electronic gifts and gadgets is used while the products are off. This phantom power use can be avoided by unplugging the items.

To learn more about ways to cut home energy use, visit www.TogetherWeSave.com. 

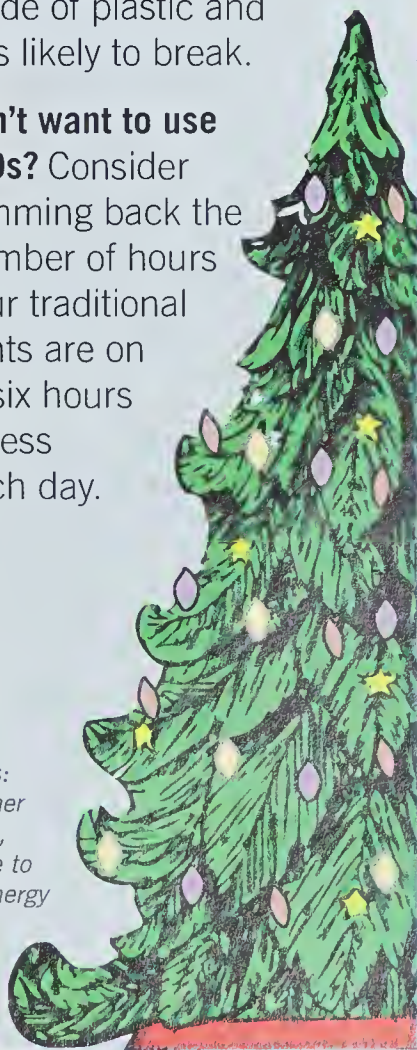
John Bruce is a freelance writer based in South Carolina who writes on energy efficiency for the National Rural Electric Cooperative Association in Arlington, Va.

Light up holiday savings with LEDs

Decorating with lights this holiday season? Consider light-emitting diodes (LEDs). They cost more initially but last twice as long as traditional lights, and you'll recover the difference in three to four years.

- **Efficient.** LEDs use between 1 kWh and 3 kWh of energy, compared to between 12 kWh and 105 kWh for traditional lights, saving \$11 every holiday season.
- **Durable.** LEDs last about 4,000 hours. They're also made of plastic and less likely to break.
- **Don't want to use LEDs?** Consider trimming back the number of hours your traditional lights are on to six hours or less each day.

Sources:
Consumer Reports,
Alliance to Save Energy





EASY IDEAS FOR CREATING custom holiday cards

Even with the popularity of using e-mail, social media and texting to communicate with friends and family, holiday cards continue to be a time-honored tradition. Even today, often the best card is a homemade one. People think that creating custom cards is time consuming but thanks to technology, new products and online greeting card sites, this isn't necessarily the case. By following the tips below, creating custom, personalized holiday cards can be easy, fun and inexpensive.

Picture perfect

Getting a perfect holiday picture does not have to involve a three-hour photo shoot with an expensive photographer. Often, the best holiday shots are the candid, everyday ones shot at home. For professional-looking DIY images, use natural light (if indoors, shoot near a window), get up close, and have the subjects involved in a favorite activity. Laugh, have fun and shoot away. Even if the shots aren't perfect, use photo editing software—sometimes just simply changing the image to black and white or cropping out unwanted parts can transform the image.

Let your child be the artist

Instead of uploading a favorite photo for holiday cards, simply scan a child's favorite drawing and quickly upload to a photo greeting card site. This is an especially cute idea for classroom or grandparent holiday cards.


Collage card

Instead of spending hours deciding which photo to feature for the holiday card, just choose several photos that highlight favorite adventures and memories throughout the year. Visit a favorite online card store and select one of the many templates available.

Keep it simple

Visit the crafting and dollar stores where there are a variety of inexpensive products to make handmade cards. Use blank cards and embellish with just one or two items—any more can be daunting, especially if more than 50 cards need to be made. For instance, punch out polka dots in festive holiday papers using a circle punch and adhere them to the card front in a random, whimsical pattern. Or, run a piece of grosgrain ribbon across the front of card and adhere a glittered embellishment or button.

Use a kit

If you are really strapped for time, use pre-assembled DIY holiday card kits. Retailers such as Cardstore.com has embellished card kits that combine the time-saving elements of digital photo cards with the hand-crafted touch of dimensional accents. You can order the photo cards online. Once they arrive, decorate the cards with the provided coordinating stamps, gems and glitter glue. Tips and creative inspiration are included, and no extra trip to the craft store needed! 

Source: Family Features.com

CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one that we publish in our Carolina Country Scenes gallery in the February 2011 magazine.

RULES:

Deadline: November 15, 2010.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels or 600kb.
Prints a minimum 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We pay \$50 for each submission published. We retain reprint rights.

We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

E-mail: editor@carolinacountry.com
Mention "Photo Contest" in subject line.

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Wrinkles, Under-eye Dark Circles and Bags - Does Any Cream Work?



DEAR DORRIS: I am a vibrant woman of 55 years old. I feel 25 years old still, but I have lately developed these wrinkles and dark

circles under my eyes along with puffy bags, that make me look older than I am.

I have tried many products that the Celebrities endorse, but they didn't work. Is there any product out there that can really get rid of these wrinkles, bags and dark circles?

Dark and Baggy, Charlotte, North Carolina

DEAR DARKNESS : There is definitely a product that really works on your three big problems of wrinkles, dark circles, and bags. The product is the industry's best kept secret, and it's called the **Dermagist Eye Revolution Gel®**. It is a light gel that you apply around the eye area, that has some serious scientific ingredients that do exactly what you're looking for.

It has the ingredient, Haloxyl, which penetrates the skin and breaks up the blood particles that cause those dark circles. Another ingredient, Eyeliss works to release the fat pockets that develop under the eye that appear as bags.

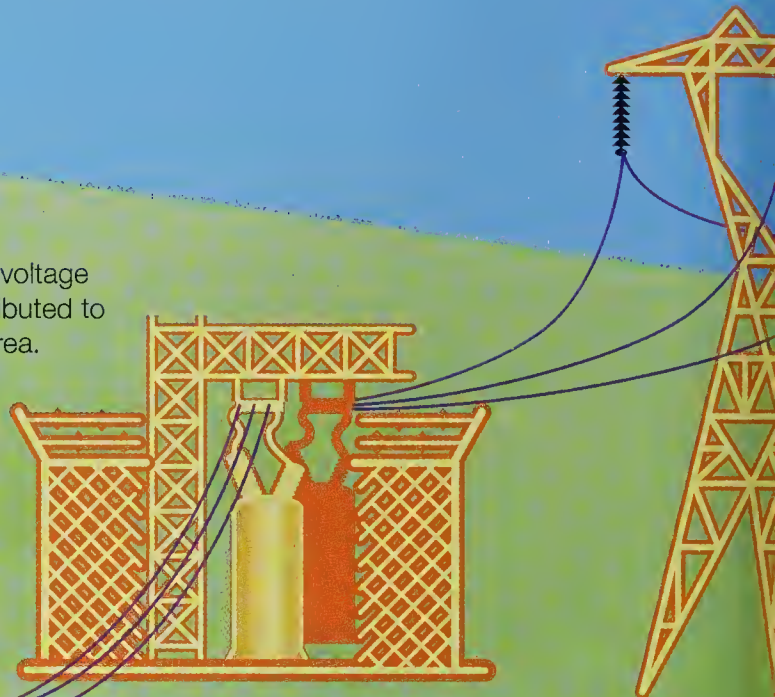
The Dermagist Eye Revolution Gel® also works on wrinkles by using Stem Cells to regenerate healthy skin cells, and reduce wrinkles. As an overall treatment for the skin around the eye area, this product is a serious choice that the other creams only aspire to compete with. Since it's priced affordably, it will not be long until the whole world is talking about it. **The Dermagist Eye Revolution Gel® is available online at Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was "NCAREYE". It's worth a try to see if it still works.

THE PATH OF *electricity*

Electricity often travels long distances before reaching your home or business. Your electric cooperative transports power produced at generating facilities and distributes it through substations and power lines to consumer-members in its system.

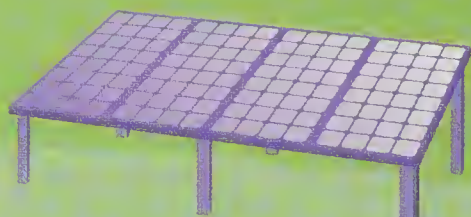
Local Substations

Transformers in local substations reduce the voltage to 34,500, 25,000 or 12,500 volts to be distributed to users throughout the cooperative's service area.



Distribution Lines

Your cooperative's distribution lines carry power from the substation throughout your community. These lines are usually mounted at the top of power poles. Power poles may also hold other important equipment like telephone, internet and TV lines. In some areas distribution lines are buried underground.



**Pad-mount
Transformer**

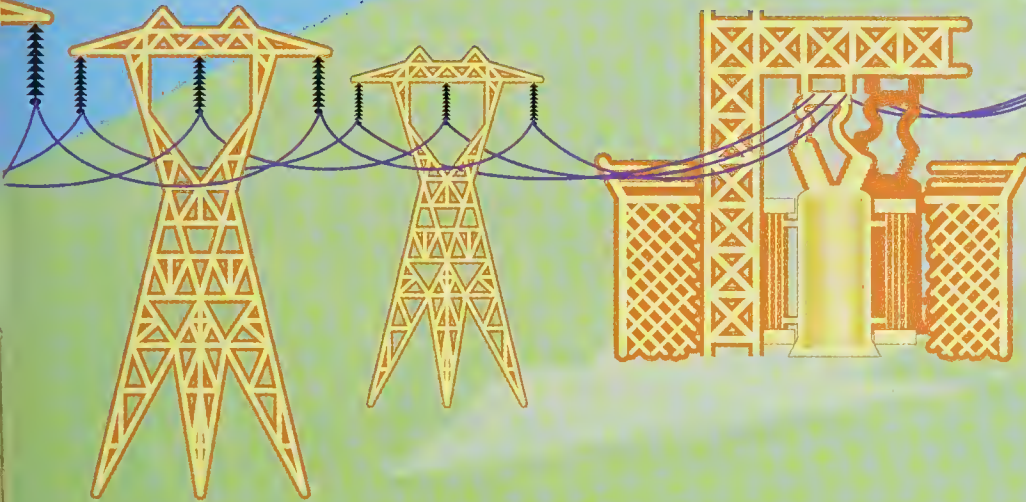
▲ WARNING

Consumer-Owned Generation

Most electric power is produced by large-scale generating plants located many miles away from consumers. Consumers today can own their own renewable power supply (such as solar or wind) and sell power back to the power company directly, or consumers can use self-generated power to serve their own homes or businesses.

Power Generation

Electricity is created at power generating plants by using energy from coal, natural gas, nuclear reaction, wind or water to turn turbines. Fields of photovoltaic solar collectors can also generate electricity. Plants are sometimes located far from population centers.



Step-Up Substation

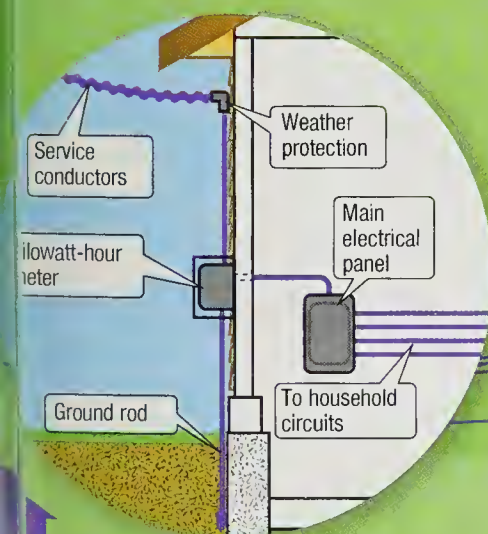
Substation transformers at generating plants increase electric energy's pressure (voltage) so electricity can efficiently be moved over long distances across transmission lines. Transmission line voltage can be as high as 500,000 volts or more.

High-Voltage Transmission

High-voltage transmission lines carry electric energy over long distances. Long strings of porcelain or polymer insulators prevent electricity from contacting the structure and flowing to the ground.

End-User Delivery

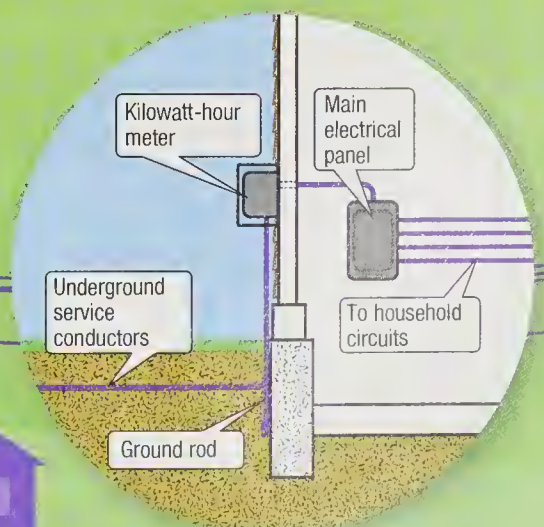
Electric power passes through transformers, located on poles or on concrete pads for underground service, to reduce voltage to levels for use inside farms, schools, small businesses and homes (120/240 volts).



Overhead Service



Pad-mount Transformer



Underground Service

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...Santa's sleigh is pulled by
eight huntin' dawgs

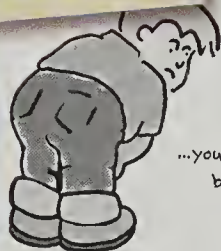


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and a whoppin'.

—Kim Lynch, Radnor

Priming was your first job...and you know what it means.

—Anonymous

You've put peanuts in a "little cocola."

—Brian and Suzanne Mitchell Goldstone

You think an old coon hound is worth more
than a registered fluffy lap dog.

—Loren Beach, Morganton

You have picked your own switch and then got a switchin' with it.

—Tammy Joseph, Fayetteville

Your marna yanked a knot in your behind for sassin' her.

—Jackie James, Rutherfordton

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By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our December issue, will receive \$25.

October



October winner

The October photo showed the Beeson dairy farm from the intersection of New Salem Rd. and Racine Rd. near Randleman, Randolph County. The \$25 winner chosen at random from all the correct ones was Barbara Booker of Randleman, a member of Randolph EMC.

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I Remember...



This is my grandmother Belvia Richardson with my father Garry Richardson, me (Shelly Spurlin), and my son Joseph Spurlin.

Chocolate gravy at Thanksgiving breakfast

My grandparents, Belvia and Jones Richardson, lived in Ashe County. My dad grew up there. Eventually my grandparents and their six kids made it to a house in Newton, where a family tradition began for me.

Every time I visited my grandma Bell for breakfast, she made me homemade biscuits and chocolate gravy. I was always told chocolate gravy—just like white gravy but with cocoa in it—was a mountain thing.

On the morning of Thanksgiving, all the kids and grandkids would meet at the homeplace in Newton. We all helped with breakfast: bacon, eggs, homemade biscuits, ham, white gravy, and always a huge pan of chocolate gravy.

The tradition stopped when my grandfather passed away. My grandmother is now in assisted living. But when I look at my Grandma Bell's loving eyes, I remember her teaching me to make chocolate gravy on Thanksgiving morning.

Shelly Richardson Spurlin, Catawba, EnergyUnited

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
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Or by U.S. mail, I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616

When the lights came on in Stedman

When South River Rural Electric brought electricity to the rural area of eastern Cumberland County in 1941, my grandparents were among the first in the Bethany area to have the electric wires extended to the house where they lived with my younger aunts. I can still remember how excited we were when all the work had been completed, the light bulbs had been put into place, and lights in all the rooms were turned on. The bare light bulbs were hanging on a rod from the high ceiling of every room with a string to pull on or off.

We cheered and jumped around on the dirt road, now named Magnolia Church Rd., across the field from my grandparents' house. Even the adults were excited. We had been to town and to places where there were electric lights, but it was hard for us children to comprehend it at our granddaddy's house.

Several years later, the high ceilings were lowered and modern light fixtures were installed with switches replacing the pull cords and wall outlets for radios and irons.

You can always tell if someone grew up in the 1930s and 1940s. They still turn off the lights when they leave the room.

Peggy Harris, Stedman, South River EMC



The only one surviving is my sister.

In the picture

This photo was probably taken in the late 1940s or early 1950s before my younger brother and I came into the picture. It was one of the trips my family would take in the fall to the mountains. They would go just for the day to sightsee and enjoy themselves. They would take a picnic lunch, because back then there were not a lot of places to stop and eat, and it was more fun to stop along the mountainside to enjoy lunch.

I think my oldest brother took the photo, or my mother. Neither of them is in the picture. The only one surviving is my sister. There are only three of us left now: my sister, younger brother and me. It brings home the lesson that we should cherish our families while we have them, because one day they will be out of the picture.

Shirley Meeks, Asheboro, Randolph EMC



Jessie Broyles, the Pigeon Man, in downtown Raleigh.

The Pigeon Man

I moved to Raleigh with my family in 1964. Occasionally, we would go downtown to see a movie, or maybe just walk around the Capitol grounds, and always, we'd buy peanuts from the "Pigeon Man" Jessie Broyles.

Later, as a young adult, I lived in Historic Oakwood, a neighborhood close to the downtown area where I'd see Jessie making his way home on foot, pulling his wheeled basket to his modest home on East Street, right around the corner from where I lived. We'd spend hours talking about how the city was growing so fast and how lucky we were to live so close to Krispy Kreme Doughnuts on Person Street that we could smell when the hot ones were coming off the belt.

Four years before I decided to become a professional photographer (in 1981), I was downtown photographing my favorite architectural areas, and I snapped one of Jessie with his pigeons that became one of my most treasured images. I made a copy of the print and took it to him at his home, also asking him to sign my original. It wasn't long after that I read he had passed away, so the timing of our friendship was just meant to be.

David Sciabarasi, Deep Gap,
Blue Ridge Electric



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32	11.99	11.64	14.35	12.16	20.91	18.29	52	22.66	20.30	39.73	32.07
33	11.99	11.64	14.57	12.38	21.35	18.73	53	24.59	21.96	43.23	34.48
34	11.99	11.64	15.01	12.60	21.35	19.16	54	26.60	23.71	47.16	36.88
35	12.08	11.73	15.44	12.82	21.35	19.60	55	28.88	25.73	51.54	39.73
36	12.16	11.81	16.10	13.48	22.23	20.48	56	30.98	27.04	56.13	43.01
37	12.25	11.99	16.54	14.13	23.54	21.35	57	33.34	28.44	61.38	46.73
38	12.34	12.08	17.41	15.01	24.85	22.66	58	36.23	30.19	67.94	51.32
39	12.43	12.25	18.29	15.88	26.60	24.41	59	39.29	32.11	74.73	56.13
40	12.51	12.43	19.16	16.98	28.35	25.73	60	42.70	34.21	82.38	61.60
41	13.21	12.86	19.82	17.63	30.10	27.04	61	46.90	37.19	90.91	69.04
42	13.91	13.30	20.48	18.29	32.29	28.79	62	51.54	40.51	100.54	77.35
43	14.88	13.91	21.57	19.16	34.91	30.98	63	57.40	44.71	112.57	87.85
44	15.84	14.53	22.44	20.04	37.98	33.16	64	63.53	49.09	125.04	98.79
45	16.89	15.23	23.54	21.13	41.04	35.35	65	70.44	53.99	139.26	111.04
46	17.33	15.58	25.07	22.23	44.10	37.54	66	78.40	58.36	153.91	119.13
47	17.76	16.01	26.82	23.54	47.16	40.60	67	87.41	63.26	170.54	128.32
48	18.38	16.54	29.01	25.07	51.10	43.66	68	98.53	69.30	191.10	139.48
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Delegates who attend also develop marketing and public relation skills and how to become advocates for North

Carolina 4-H Youth Development. Each delegate plans and implements a Personal Citizenship Initiative, demonstrating the influence of youth in government.

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JACOB'S LOG:

A freshman with Carolina Fever

By Jacob Brooks

Hello Carolina Country readers. It has been a couple of months since you've heard from me due to my incredibly hectic schedule, so we've got a lot to catch up on.

College is a blast! These first months at Chapel Hill have been filled with new people, new places, tons of homework, unexpected struggles, loads of laughter and numerous memories. To start off, move-in day was nothing short of organized chaos. I could tell by the images I witnessed that I had officially arrived on campus. Thousands of young, ecstatic, hormone-enraged adults ran around campus screaming profanities as they dropped their luggage. Mothers were coping with the anxiety that comes with leaving a child. Fathers of daughters were double (even triple or quadruple) checking the locks on the dorm room doors just to "make sure." Yes sir, I had officially become a college student.

Classes got underway after the move-in weekend. This semester I'm taking a required Lifetime Fitness course, History of Popular Music in the 20th Century, Political Science—Intro to American Politics, English, and Intro to Economics. I enjoy most of my classes. History is definitely my favorite. I would also be perfectly content if I never had to attend economics class ever again. It's definitely not a subject that jives with me. I feel like I'm in good company though. For supportive purposes, I compiled a list of individuals who also struggle with understanding the "ins and outs" of an efficient economy: Nancy Pelosi, Harry Reid, John McCain, all members of the Senate, all members of the House, and, last but not least, our executive branch (but that is an entirely different article for another time). Anyway, the courses do provide me with plenty to do; I am thankful for this no doubt.

College life is always exciting. There is always something going on around campus that is fun to be a part of. I myself am a sucker for all of the sporting events. I joined Carolina Fever, which is the student body fan club that attends sporting events throughout the semester. The perk of joining is that Carolina Fever members have a shot at getting tickets to the UNC vs. Duke basketball game. As the semester goes along, members receive points for the sporting events they attend. The students who accumulate a certain amount



My girlfriend, Rachel, drove down from High Point University to go with me to the Georgia Tech football game. Here we are near the belltower on campus, not far from the football stadium.

of points receive tickets to games that are nearly impossible to get.

The friends I've made down here are great. Only one of my classmates from high school enrolled into Chapel Hill, so I've had a wonderful time meeting new people and making new friends. I actually met some guys who enjoy playing music, so we started a band. It isn't anything incredibly spectacular; we are just a group of guys that get together and play in our free time. Two of my classmates are also two of the people who attended the Washington Youth Tour in 2009 with me: Anthony Murphy who represented Jones-Onslow EMC and Katelyn Whitfield from Edgecombe-Martin County EMC.

Even though college is everything I hoped it would be, I still have those days when I miss home. It is a completely different world than back home in the mountains. It seems like everything is extremely fast paced down here. Everyone is in such a hurry to get somewhere they forget about where they've been. Perhaps, I'm just a sucker for rural American life.

Remember to thank a veteran for their service as Veteran's Day approaches. God knows this country wouldn't be what it is if it weren't for their service. Take care and God bless. ☺

Jacob Brooks, representing Blue Ridge Electric, was the 2009 Youth Tour delegate chosen as the national spokesman for the electric cooperatives' Youth Leadership Council. His family lives in Alleghany County.

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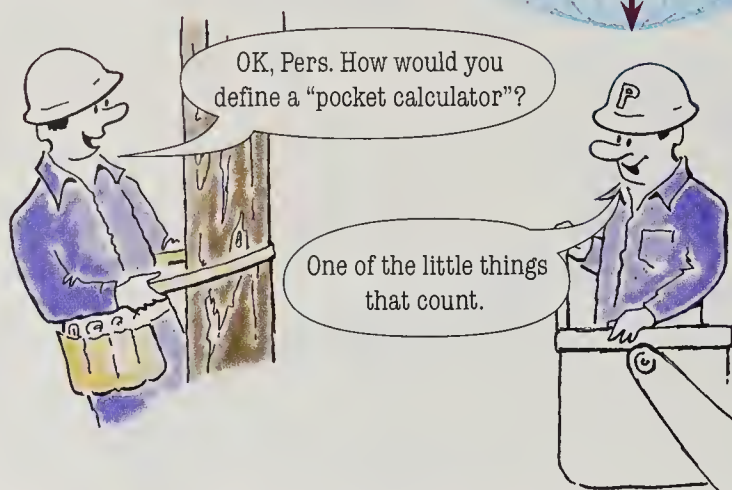
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or shrubs to be moved and trees to be planted,
or the hedge to be pruned and sprayed and
de-anted.

And when it is spring, the yard must be seeded—
There always is something urgently needed.

You may find a woman who keeps her vows to the letter.

and sticks to you through thin and thick, for worse
or for better,

but there is one thing that she absolutely will not,
and that is to ever be content with her lot! 🔪

- cga



GO FIGURE!

There were two “perfect square” years in the 1600s. Since then there has been only one in each century. What was the “square year” in the 20th century, and how old will people born that year be next year?

second thought on daylight saving time

Spring forward, fall back

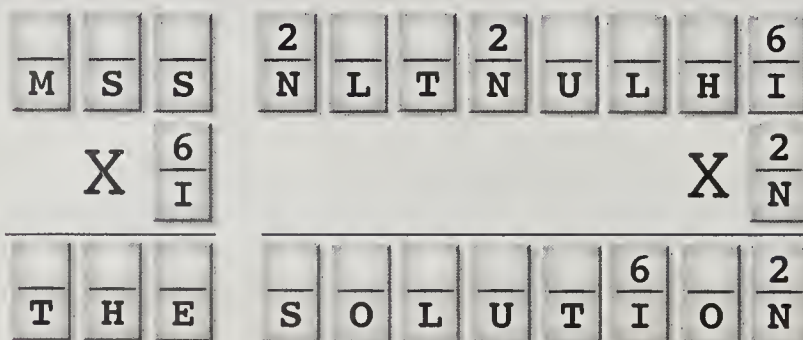
"The world is too much with us; late and soon..."

–Wordsworth

What yesterday was one o'clock, today is only noon.

—cgj

Domi-No.s



Each letter in these multiplication problems stands for a digit. Repeated letters stand for repeated digits. Given $I=6$ and $N=2$, can you find the value of the other letters which give the total value of THE SOLUTION?

Collections? Over the years, Carolina Country has printed more than 50 of my “cherce” terse verses. I wonder if any of our readers would be interested in a book of these. If anyone is interested in a collection of these or anything else I have published here, let me know.

Charles Joyner

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For answers, please see page 45

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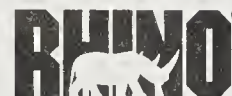
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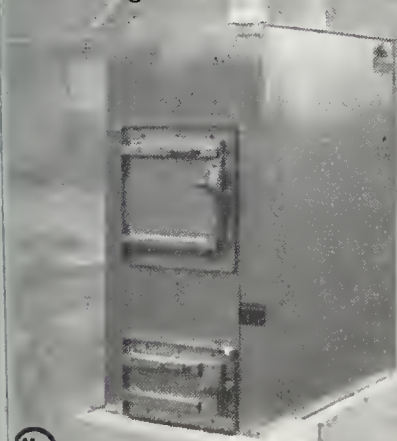
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November Events



See Charles Lazarus play at the Temple Theatre in Sanford on Nov. 12 at 8 p.m. A world-renowned trumpet player, Charles grew up in Sanford, then attended the NC School of the Arts and Juilliard in New York City. He will perform a special program, "Night of the Tropics," with the Heart of Carolina Jazz Orchestra. Tickets cost \$20 for adults and \$10 for students/children. Visit www.charleslazarus.com to learn more or call the Temple Theatre Box Office at (919) 774-4155, 2 p.m.–6 p.m., weekdays.

ONGOING

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights
Midway
(910) 948-4897
www.liveatclydes.com

Hubb's Corn Maze
Through Nov. 7, Clinton
(910) 260-0490
www.hubbscornmaze.com

"Little Shop of Horror"
Musical comedy
Nov. 4–7, 12–14, 18–21, New Bern
(252) 634-9057
www.newberncivictheatre.org

"A Night of Glory"
Nov. 11–Dec. 18
Washington
(252) 482-4621

Coastal Carolina Pottery Exhibit
Through Nov. 13, Seagrove
(336) 873-8430
www.ncpotterycenter.org

"Natural Spaces/Smooth Surfaces"
Photography, painting & furniture
Through Nov. 20, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Renaissance Festival
Through Nov. 21, Huntersville
(704) 896-5544
www.renfestinfo.com

Choose & Cut Christmas Trees
Nov. 19–Dec. 19, Sparta
(866) 299-0783
www.bestfreshchristmastree.com

Tree Fest
Nov. 22–Dec. 29,
West Jefferson
(336) 846-2787
www.ashcountyyarts.org

Three Centuries of Christmas Cheer
Nov. 26–Dec. 31, New Bern
(800) 767-1560
www.tryonpalace.org

Emissaries of Peace: The 1762 Cherokee & British Delegations
Through May 15, 2011, Asheville
(828) 665-2492
www.ncarboretum.org

"Motoring the Blue Ridge Parkway"
Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

2 | TUES.

Crafts Studio Open House
Tarboro
(252) 641-0857
www.cardscraps.com

4 | THURS.

Holly Day Fair
Nov. 4–7, Fayetteville
(910) 483-5311
www.hollydayfair.com

Holiday Art & Gift Show
Nov. 4–6
Raleigh
(919) 847-4868
www.visionsofsugarplumsraleigh.com

5 | FRI.

Freeboot Friday
Alive-at-five style event
Greenville
(252) 329-4200
www.uptowngreenville.com

"Laughing with the Legends"
Comic musical about the '50s
Washington
(252) 975-1191
www.turnagetheater.com

Bluegrass Experience
Chapel Hill
(919) 542-0394
www.chathamarts.org

"The Best of Broadway"

Musical benefit featuring local singers
Nov. 5 & 7, Chapel Hill
(919) 942-0972

Cozy Cottage Craft Show
Nov. 5–6, Kernersville
(336) 933-2260

Holiday Open House
Nov. 5–6, Oxford
(919) 603-1102
www.oxfordnc.org/downtown

Mayberry FarmFest
Nov. 5–6, Mt. Airy
(336) 783-9505
www.visitmayberry.com

Down East Holiday Show
Nov. 5–7, Greenville
(252) 329-4200
www.pittcc.edu

6 | SAT.

Blacksmith Auction
Brasstown
(828) 837-2775
www.folkschool.org

Open Bass Fishing Tournament
Edenton
(252) 482-5343
www.visitedenton.com

"Johnny Appleseed"
American History of Kids Series
Bath
(252) 923-3971

5k/10k Race Challenge
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Country & Gospel Music Show
New Bern
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Fellowship Fall Bazaar
Bridgeton
(252) 638-4638

Western NC Pottery Festival
Dillsboro
(828) 631-5100
www.wncpotteryfestival.com

Veterans Day Celebration
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 Celebration in America
 Warsaw
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www.townofwarsawnc.com

11 | THURS.

Southern Christmas Show
 Nov. 11–21, Charlotte
 (704) 494-7565
www.southernshows.com

12 | FRI.

Preservation NC Celebration
 Edenton Cotton Mill
 Edenton
 (252) 482-7455
www.visitedenton.com

New Christy Minstrels Concert
 Washington
 (252) 975-1191

"Night in the Tropics"
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www.carolinajazz.com

ArtWalk
 New Bern
 (252) 638-2577
www.carvenarts.org

Jon Shain
 Down East concert series
 New Bern
 (252) 633-6444
www.downeastfolkarts.org

University Chorale Concert
 Greenville
 (252) 329-4200
www.ecu.edu

Art After Hours
 Wake Forest
 (919) 570-0765
www.sunflowerstudiowf.com

Farm Toy Show
 Nov. 12–13, Washington
 (252) 975-2896

Holiday Rock & Gem Show
 Nov. 12–14, Morganton
 (828) 439-1866
www.ci.morganton.nc.us

13 | SAT.

Alzheimer's Walk
 New Bern
 (252) 626-0147
www.alznc.org

Holiday Home & Gift Show
 New Bern
 (252) 635-5658
www.enclshows.com

Paul's Bazaar
 Beaufort
 (252) 726-6593

Oyster Roast
 Washington
 (252) 946-7211

Salute Our Veterans
 New Bern
 (252) 514-4937
www.tryonpalace.org

Rehobeth Port BBQ
 Terrell
 (828) 478-2518
<http://rehobethumc.org/news.html>

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 Rutherfordton
 (828) 245-1492
www.rcvag.com

16 | TUES.

Three museum classes
 Winston Salem
 (336) 721-7350
www.oldsalem.com

18 | THURS.

Art Walk
 Washington
 (252) 946-3939

Triumphant Quartet
 Carolina Gospel Association
 Rutherfordton
 (828) 245-1492
www.carolinagospel.com

"Hairspray"
 Musical comedy
 Nov. 18–21, Farmville
 (252) 329-4200
www.farmvillearts.org

"Brigadoon"
 Scottish musical
 Nov. 18–23, Greenville
 (252) 329-4200

19 | FRI.

Arts Gone Live!
 New Bern
 (252) 638-2577
www.cravenarts.org

Reverse Drawing
 New Bern
 (252) 637-3111
www.newbernchamber.com

Contra Dance
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 (252) 329-4200
www.ecu.edu/org/ecufolk/fasg

Hometown Christmas
 Nov. 19–20, Murphy
 (828) 837-6821
www.cherokeecountychamber.com

Candlelight Tours
 Nov. 19, 20, 26, 27, Winston Salem
 (336) 721-7350
www.oldsalem.com

20 | SAT.

Down East Contra Dance
 (252) 633-6444
www.downeastfolkarts.org

History Bowl
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 New Bern
 (800) 767-1560
www.tryonpalace.org

Bazaar/Fall Festival
 Wake Forest
 (919) 556-2239
www.wakeforestumc.org

Jumble Sale
 Community market
 Beaufort
 (252) 728-5225
www.beauforthistoricsite.org

Fine Arts Ball
 Greenville
 (252) 758-1946
www.gmoa.org

Turkey Supper
 Lake Lure
 (828) 625-5517

Crafty Saturday
 Tarboro
 (252) 641-0857
www.cardscraps.com

Backyard Habitats
 Chimney Rock State Park
 (828) 245-1492
www.chimneyrockpark.com

Holiday Wreath Class
 Winston Salem
 (336) 721-7350
www.oldsalem.com

An Appalachian Concerto
 West Jefferson
 (336) 846-2787
www.ashcountyyarts.org

Seagrove Pottery Festival
 Nov. 20–21, Seagrove
 (336) 873-7887
www.seagrovepotteryheritage.com

21 | SUN.

African American Walking Tour
 New Bern
 (252) 514-4935
www.tryonpalace.org

Community Thanksgiving Feast
 Beaufort
 (252) 728-5225
www.beauforthistoricsite.org

Thanksgiving Shoot
 Sporting clays
 Washington
 (252) 975-2529

25 | THURS.

**Christmas Decorations
 Lighting Ceremony**
 Forest City
 (828) 245-1492
www.townofforestcity.com

26 | FRI.

**Christmas in the Park
 & Town Lighting**
 Blowing Rock
 (828) 295-5222
www.blowingrock.com

"All Things Bright"
 Gallery's member artists works
 Hillsborough
 (919) 732-5001
www.hillsboroughgallery.com

A Dickens of a Christmas
 Trolley tour
 Nov. 26–27, New Bern
 (800) 849-7316
www.newberntours.com

Farm Toy Show
 Nov. 26–27, Wilson
 (252) 243-0695

Holiday Kick-Off
 Nov. 26–28, New Bern
 (800) 767-1560
www.tryonpalace.org

27 | SAT.

Thanksgiving Kiln Opening
 Blowing Rock
 (828) 295-3862
www.blowingrock.com

Christmas Parade
 Emerald Isle
 (252) 354-2916

Holiday Open House
 Goose Creek State Park
 Washington
 (252) 923-2191

29 | MON.

Festival of Trees
 Nov. 29–Dec. 2
 Chapel Hill
 (919) 942-5119

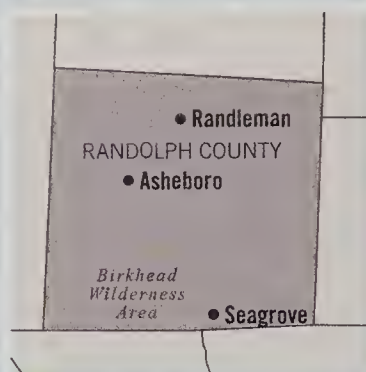
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CAROLINA COUNTRY adventures

Day Trip

Asheboro & Birkhead Wilderness



Youngsters and adults alike love the rare sights at the award-winning NC Zoo.

When folks discuss North Carolina leaf peeping destinations, they often name the Blue Ridge Parkway and mountain towns like Boone or Asheville. Those areas are great indeed, but you can also get your leaf thrills in this pretty Piedmont area. Historically, foliage has often remained colorful well into November here.

In the Birkhead Wilderness area, which is on the northern end of the Uwharrie Mountains, there are good vistas from ridgelines on the Birkhead Mountain Trail (which you can combine with other trails). The trails reward hikers with glimpses of abandoned homesteads and old mining areas. If you'd rather not hike, drive along the scenic Birkhead Wilderness Route instead. It's a peaceful byway about 14 miles long that reveals beautiful, rugged areas.

But no matter when you visit, this area offers numerous attractions. Art lovers like Asheboro's Circa Gallery on Sunset Avenue, a hip establishment representing more than 80

emerging and established artists. For a good meal in Asheboro, insiders savor the creations at #1 Gyro and The Flying Pig, and enjoy the romantic fine dining at Timothy's.

American Classic Motorcycle Museum, which showcases antique and classic Harley Davidsons, is a few miles from downtown on Hwy. 64 West. About 10 minutes farther, at the Asheboro Regional Airport, you can see a plane flown by Orville Wright at The North Carolina Aviation Museum along with other memorabilia, military vehicles, weapons and uniforms. Another popular destination is the Pisgah Covered Bridge. It offers a quarter-mile walking trail and is roughly ten minutes from the North Carolina Zoo.

Three top spots:

North Carolina Zoo: The largest walk-through natural habitat zoo in the U.S., this highly popular attraction features more than 1,000 animals from Africa and North America. Lemur Island is a newer exhibit, where you can watch these amusing creatures

perform acrobatics. Acacia Station, a feeding platform in the treetops for giraffes, offers visitors an intriguing bird's eye view of their habitat, which also includes zebras and ostriches. (800) 488-0444 or www.nczoo.org.

Richard Petty Museum: Less than 15 minutes north of Asheboro in Randleman, this attraction showcases the Petty family's careers and NASCAR history. Displays include race cars, trophies, Daytona crash photos, and the Petty family's personal collection of guns, dolls, watches and knives. There's also a mini-theater. (336) 495-1143 or www.rpmmuseum.com.

Seagrove pottery: Located roughly 15 minutes south of Asheboro, the historic town of Seagrove sells everything from traditional tableware to dazzling art pieces. Several galleries are in Seagrove, but if you travel Highway 705 and on alternate Highway 220, you'll find more than 80 potters in their own studios and galleries. The North Carolina Pottery Center on East Avenue features permanent exhibits of pottery, artifacts, and photographs. Call (336) 873-8430 or visit www.ncpotterycenter.org to learn more about it. This month, the popular Seagrove Pottery Festival will be held Saturday and Sunday, Nov. 20-21, at Seagrove School. Visitors should contact the Museum of North Carolina Traditional Pottery on Main Street, which offers guides and area maps. (336) 873-7887 or www.seagrovetpotteryheritage.com.

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—Karen Olson House

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N.C. Art Museum's diverse shows include Norman Rockwell exhibition

The North Carolina Museum of Art in Raleigh opens an impressive array of five exhibitions this month, including a ticketed exhibition of Norman Rockwell's art. The exhibitions celebrate the reopening of the museum's newly transformed East Building.

Rockwell's art

For six decades Rockwell (1894–1978) captured the American experience for the nation's most prominent publications. He was the consummate visual storyteller, transforming images of everyday life into poignant, and sometimes humorous, works of art with broad popular appeal.

Featuring 40 original paintings and more than 300 Saturday Evening Post covers, "American Chronicles: The Art of Norman Rockwell" offers an in-depth look at Rockwell's contributions throughout his storied career—from carefully choreographed reflections on childhood innocence in "No Swimming" (1921) to powerful, consciousness-raising images like "The Problem We All Live With" (1963) and "Murder in Mississippi" (1965). The exhibition also

features many of Rockwell's original signature works: "Christmas Homecoming" (1948), and "Going and Coming" (1947), as well as posters and drawings.

To commemorate his 47-year-career at the Saturday Evening Post, a gallery will also display a complete set of Rockwell's 323 covers created between 1916 and 1963, along with 34 archival objects that demonstrate Rockwell's artistic process such as photographs of models, preliminary sketches and correspondence with magazine editors.

Free exhibitions

"Fins and Feathers: Original Children's Book Illustrations" showcases achievements of children's book artists through 33 original picture book illustrations from the last five decades. Focusing on friendly and comical images, Fins and Feathers features some of the best works from The Eric Carle Museum of Picture Book Art in Amherst, Mass.

"Binh Danh: In the Eclipse of Angkor" features photographic images from the Vietnamese-born Danh that includes chlorophyll prints,




Norman Rockwell, "Freedom From Want," 1943, war bond poster, story illustration for *The Saturday Evening Post*, March 6, 1943, ©1943 SEPS: Licensed by Curtis Publishing, Indianapolis, Ind.

found butterfly specimens, and daguerreotypes that document the genocide in Cambodia from 1975 to 1979.

"The Birds of America" is the fully restored four-volume set of naturalist and artist John James Audubon's "The Birds of America." In recent decades the Museum's copy of "The Birds of America" has been unavailable for viewing, except for a small number of prints separated from the volumes. "The Birds of America" is made up of 435 life-size, hand-colored prints produced by engraving and aquatint.

"Inverted Utopias" presents more than 20 carved and painted figures by North Carolina's Bob Trotman. Trotman's wood sculptures depict anonymous characters that appear to be in states of change. Clothed in 1950s-style dresses and business suits,

his "model citizens" convey nostalgia, but their startling poses—upside down, poised to leap or sinking—are simultaneously humorous and disquieting. 

Exhibition tickets, dates

All exhibitions open on Sunday, Nov. 7. They all end on Jan. 30, 2011, except "Inverted Utopias," which closes March 27, 2011, and "The Birds of America," which will be on display at least three years.

Timed-entry tickets are required to view "American Chronicles: The Art of Norman Rockwell," and are on sale now. Purchase tickets at the museum box office in the East building, call the box office at (919) 715-5923, or buy them at www.ncartmuseum.org. For general museum information, call (919) 839-6262.

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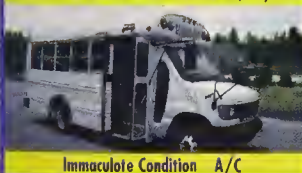


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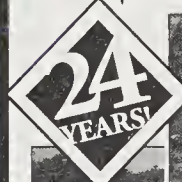
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Ventless heaters indoors: not a good idea

In your article in the June issue of *Carolina Country*, you state, “Ventless heaters or fireplaces should never be used in homes.” Is this opinion or fact? I have a ventless fireplace and would like to know. Why would they make ventless heaters if they are not safe for homes?

Thanks for your excellent question. The statement you quote is my opinion. Below is what it's based on.

Whenever you burn gas—natural gas or propane—by-products of the combustion process are created. If the burner is well-tuned and clean, the primary by-products are:

- Carbon dioxide (CO²)—not considered a direct health risk for people exposed to it.
- Water vapor—not only benign but is actually necessary for life.
- Nitrogen oxides—lung irritants, but typically aren't produced in large amounts.

So far, so good.

My concerns are centered on two primary issues: 1) production of carbon monoxide (CO) under certain circumstances, and 2) negative effects from pumping a lot of water vapor into the air of your house.

Let's look at the CO issue first. The Consumer Products Safety Commission reports that until around 1980, there were approximately 70 deaths a year caused by unvented heaters. At that time, a safety device was added to shut off heaters if oxygen levels at the burner got low enough to produce substantial amounts of CO. I believe this has helped considerably, and I have not seen evidence of deaths from the newer types of heaters.

I have, however, seen—and measured—significant levels of CO in rooms with unvented heaters and fireplaces. This is widely reported by many professionals in the building performance industry who routinely measure CO in houses.

While these heaters typically burn very cleanly when new, they don't burn quite so cleanly after carpet fibers, pet hair and dust accumulate on the burners over time. The owner's manuals say the units should be serviced annually by a professional to clean the burners; however, I've never met anyone who actually has that done.

The other issue of concern is the water pumped into the air. As my grandmother used to say, “Too much of anything, even a good thing, is no good.” Here's a scenario I've seen a number of times: People on a tight budget close off much of the house and spend the winter in one or two rooms heated by a ventless heater. The water vapor generated by the heater goes to the coldest part of the house, where it condenses on walls. The wet walls promote mold growth, and soon we have large amounts of mold in the house.



I'm not one of those people who panics over every little mold spot. We are, after all, in North Carolina, where mold is everywhere. But walls covered with mold can present a significant health hazard, especially if someone in the home has asthma, allergies or other respiratory problems. This is just not a good idea.

Finally, I've read the owner's manuals for a number of different brands of unvented heaters and fireplaces. Every one of them said you should always open a window when using the heater. That is, the window is the vent and you are living in the chimney. Ventless heaters and fireplaces are promoted as being 99 percent efficient. What happens to the efficiency when you open the window?

Each of the manuals also stated that these heaters should not be used in rooms where there are people with certain medical conditions, such as heart disease, respiratory illness, pregnancy, asthma and allergies.

For me, the only reasonable conclusion is that these devices should not be used in spaces where there are people with the medical condition called “being alive.”

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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Turkey Cheese Ball

- 2 packages (8 ounces each) reduced-fat cream cheese
- 6 ounces deli smoked turkey, finely chopped
- 1 cup (4 ounces) shredded cheddar cheese
- 1 tablespoon finely chopped onion
- 1 tablespoon Worcestershire sauce
- ½ teaspoon garlic powder

Decorations

- 3 packages (3 ounces each) cream cheese, softened
- 2 tablespoons milk
- Brown, orange and yellow paste food coloring
- 6 large oval crackers
- 1 large sweet red pepper
- 1 small yellow summer squash
- 1 cup pecan halves
- Assorted crackers

In a small bowl, beat the first six ingredients until combined. Shape into a ball; wrap in plastic wrap. Refrigerate for 1 hour or until firm.

In another bowl, beat cream cheese and milk until smooth. Divide among four small bowls. With food coloring, tint one bowl brown, one dark orange and one light orange (using yellow and orange); leave one bowl plain.

Transfer each mixture to a heavy-duty re-sealable plastic bag. Cut a small hole in a corner of each bag.

For turkey tail feathers, decorate the top halves of large oval crackers with tinted cream cheese.

Using the red pepper, form the turkey head, neck and wattle. For beak, cut a small triangle from summer squash; attach with cream cheese. Add eyes, using brown and plain cream cheese. Insert pecan halves and decorated crackers into cheese ball. Serve with assorted crackers.

Yield: 1 cheese ball (3 cups)

From Your Kitchen

Pumpkin Roll

- 3 eggs
- ⅔ cup pumpkin
- 1 cup sugar
- 1 teaspoon soda
- ½ teaspoon cinnamon
- 1 teaspoon salt
- ¾ cup plain flour

Combine all ingredients. Grease a 11-by-17-inch pan and line with wax paper. (Make sure the 11-by-17 sheet pan will fit into your oven, and if not use a smaller one. Your cake will be thicker but will still work.) Spray your pan, line it with the wax paper, then spray your wax paper. Pour mixture into pan and bake at 375 degrees for 13 minutes or until loaf springs back. Make sure your cake is completely done or it will split when trying to unroll.

Take loaf out of oven, lay on clean dish towel; do not remove the wax paper. Roll up the cake jelly-roll style, then place in refrigerator for at least 1 hour. After the cake has cooled, take it out of refrigerator, take off old wax paper and lay cake on a clean sheet of wax paper. Unroll loaf, ice and roll up again. Wrap this in wax paper and then aluminum foil and place back in refrigerator for at least 1 hour. Take out of refrigerator when ready to serve. Slice in rounds.

Icing

- 8 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 1 teaspoon vanilla
- 1 cup powdered sugar

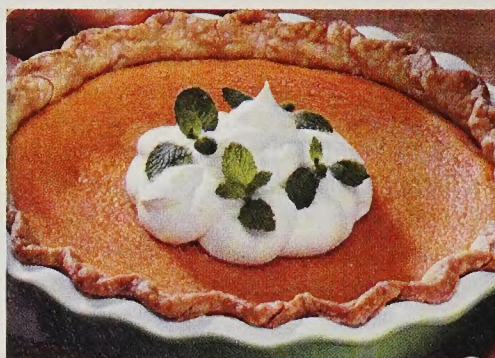
Mix well and spread on roll.

Terri Batson of Hampstead will receive \$25 for submitting this recipe.

Sweet Potato Custard Pie

- 2 small sweet potatoes, peeled and chopped
- ¾ cup marshmallow crème
- ½ cup butter, cubed
- 1 can (5 ounces) evaporated milk
- 3 eggs
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- ¾ cup sugar
- ¼ cup packed brown sugar
- 1 tablespoon all-purpose flour
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 1 unbaked pastry shell (9 inches)
- ½ cup whipped topping

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until tender. Drain potatoes and place in large bowl; mash. Add marshmallow crème and butter; beat until smooth. Add the milk, eggs and extracts; mix well.



Combine the sugars, flour, cinnamon and nutmeg; gradually beat into potato mixture until well blended. Pour into pastry shell.

Bake at 350 degrees for 45–50 minutes or until a knife inserted near the center comes out clean. Cool on a wire rack. Serve with whipped topping. Refrigerate leftovers.

Yield: 8 servings

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